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**Tuesday**



Firefighters battle the blaze in Lake Tahoe.

**Raging Wildfire:** 200-plus buildings lost in Calif. blaze | **3**

**Clear Air?** Former EPA chief faces critics over Ground Zero | **4**



**Tagged Out:**  
A broken thumb sidelines Guzman for the year | **18**

## ENTERTAINMENT

**To Die, Four:**

*Bruce Willis* has still got it in 'Live Free or Die Hard.' Plus, a new bio on Princess Di.

>> **11-14**



**Weather >> A P.M. T'Storm**



**90 | 72**

FULL FORECAST ON PAGE 30

## New Limit on Student Speech

**Supreme Court rules 'Bong Hits' banner promoted drug use**

WASHINGTON | A high school student's "Bong Hits 4 Jesus" banner got slapped down by the Supreme Court in a decision Monday that restricts student speech rights when the message seems to advocate illegal drug use.

The court ruled 5-4 in the case of Joseph Frederick, who unfurled his handiwork at a school event in 2002, triggering his suspension and leading to a lengthy court battle.

"The message on Frederick's banner is cryptic," Chief Justice John Roberts said.

But the school principal who suspended him "thought the banner would be interpreted by those viewing it as promoting illegal drug use, and that interpretation is plainly a reasonable one," Roberts said in the majority opinion.

In a concurrence, Justices Samuel Alito and Anthony Kennedy said the court's opinion "goes no further" than speech interpreted as dealing with illegal drug use.

In dissent, Justice John Paul Stevens said the ruling "does serious violence to the First Amendment."

Students in public schools don't have the same rights as adults, but neither do they leave their constitutional protections at the schoolhouse gate, the court said in a ruling from the Vietnam era. The court has limited what students can do in subsequent cases, saying they may not be disruptive or lewd or interfere with a school's basic educational mission. (AP)

❖ **Campaign issue:** Justices loosen restrictions on corporate- and union funded election television ads | **Page 5**

## First Pants, Now Suit: Judge Loses Case vs. Cleaners



**BACK TO WORK:** Dry cleaners Jin Nam Chung, left, and his wife Soo Chung work in their D.C. store Monday after a judge's \$54 million lawsuit against them for losing a pair of his pants was tossed. Judge Roy Pearson won't get a penny in the suit. ❖ **'Satisfaction guaranteed':** Complaint was deemed unreasonable | **Page 9**

**SKULLS | Ashtray, Poor Yorick** Fitchburg, Mass., police say a gravedigger stole body parts — including a skull and a thigh bone — from a casket at a church cemetery to make an ashtray. "While he was digging a grave, a casket was broken open,



so we believe he took the body parts to make an ashtray and a pipe," said police Lt. Kevin O'Brien. A representative for St. Bernard's Cemetery said the remains probably were taken from an older part of the cemetery. (AP) **EyeOpeners** | **Page 2**



# eyeOpeners

## SNOWFLAKE?

### Albino Goat Offended By Ultra-Predictable Name

Forest rangers in the northern Italian Alps have confirmed the existence of an albino mountain goat (NOT the goat pictured). Rangers following up on sightings of the albino capra ibex climbing with its mother at an altitude of about 10,000 feet took photos of it. "This is the only one ever documented, the only one ever seen," said Christian Chioso, a wildlife official. Albinism is rare in any species and has not been previously documented among the capra ibex. Rangers dubbed him "Snowflake." (AP)

## SKETCHY

### Teacher Cruising Teens on Facebook Faced No Reprisals

"If 200 people sign this, I'll kick [teacher Pat Mullaney] in the box," 11th-grader Amanda Bunn posted in a Facebook group, CanWest reported. Though the Abbotsford, British Columbia, teen

acquired more than 200 names, she did not, in fact, kick anyone "in the box." She did, however, get expelled from school — for good — when the faculty found out. "This is how teens communicate today," protested Bunn's father, Wally Bunn. "Once it's written down, it's very hard to take back." He says his daughter never meant to cause harm with what was an innocent joke. (EXPRESS)



## ROTTEN

### Wreck Not Ramblin'

The man who won of a rusted 1957 Plymouth Belvedere unearthed last week from a leaky vault in Tulsa, Okla., died in 1979, so ownership of the car will pass to his closest relatives. In 1957, more than 800 people submitted guesses about what Tulsa's population would be in 2007. Raymond Humbertson's guess of 384,743 was only slightly off. Had it been in good condition, the car could have been worth as much as \$50,000 today. But because of massive water damage, its value now is mostly historical. (AP)



It's unclear whether the bordello gift certificate can be traded for cash.

## RISQUE

### Poker? I Hardly Know Her!

A strip club in Geelong, Australia, shocked many and delighted a few when it gave a tournament winner a brothel voucher, the Melbourne Herald-Sun reported. The Alley Cat Hotel's owner says the stunt's made his bar the most hopping Texas Hold 'Em spot in town. "Some venues offer a drink card ... ours is a half-hour session at a local bordello," said Fred Scharkosi. Not surprisingly, the Australian Family Association did not approve. (EXPRESS)



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**PIECE IT TOGETHER:** In a report published this week, researchers in Germany studying Neanderthal DNA say it should be possible to construct a complete genome of the ancient hominid despite the degradation of the DNA over time.

## Nation

### In Brief



DOUGLAS C. PIZAC/AP

Curtis Allgier, 27, was captured after he escaped in a stolen Ford Explorer.

#### SALT LAKE CITY

##### **Tattooed Prisoner Kills Officer at Medical Center**

An inmate with tattoos covering his face and head stole a gun from a corrections officer and shot him to death Monday when the prisoner was at a doctor's appointment, authorities said. Curtis Allgier fled the University of Utah medical center on foot, carjacked a Ford Explorer and was captured miles away at an Arby's restaurant after a high-speed chase. Stephen Anderson, 60, a 22-year-veteran, was shot in the head, authorities said. (AP)

#### CANTON, OHIO

##### **Man Accused of Killing Girlfriend Held on Bond**

An Ohio police officer accused of killing his pregnant girlfriend and her unborn child made his first court appearance Monday and was ordered held on \$5 million bond. Bobby Cutts Jr. is accused of killing Jessie Davis on June 14 in her Ohio home. Davis was missing for about a week before her body was found Saturday in a park. (AP)



Firefighter Kyle Severson of the U.S. Forest Service battles a wildfire near Lake Tahoe in California on Sunday. The fire has destroyed more than 200 buildings in the area.

## Wildfire Raging Near Lake Tahoe

### Residents evacuated as blaze burns out of control near homes

MEYERS, CALIF. | A wildfire raged out of control near Lake Tahoe on Monday, forcing hundreds of residents to flee towering flames that destroyed more than 200 buildings, turned the sky orange and fouled the lake's famously clear waters with falling ash.

Many hotels offered free rooms as families clung to one bit of good

news: Despite the destruction, there were no reports of injuries.

"All the memories are gone," said Matt Laster, a legal assistant forced to flee his rented home of five years with his wife, two young children and cat. He showed up at a recreation center looking for clothes and a sleeping bag.

The blaze, which authorities believe was caused by some kind of human activity, had scorched nearly 4 square miles and was about 5 percent contained. About 1,000 people had evacuated from

the path of the flames, and authorities feared up to 500 houses could be threatened.

Dozens took up defensive positions around South Lake Tahoe High School as flames came within a quarter-mile of the 1,500-student school.

"We have a window right now where we're really trying to aggressively attack this fire," said Daniel Berlant, a spokesman for the California Department of Forestry and Fire Protection in Sacramento.

El Dorado County Sheriff's Lt.

Kevin House said there were no reports of missing persons, but "the truth is, we haven't really been able to get in there and see."

Steve Yingling, sports editor for the Tahoe Tribune newspaper, had little hope that his house survived. He was leaving for work Sunday when he heard the sirens.

"I looked back and saw the huge plume of smoke," he said Monday. "That's when I really started to get scared, because I know the danger alert that we've had in this area."

AARON C. DAVIS (AP)

# Laurel

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  4. Tax benefits of owning vs. renting—yadda, yadda, yadda.
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## Nation

# 300

The total amount, in billions of dollars, Americans donated to charitable causes in 2006, according to an annual report from the Giving USA Foundation.

# Former EPA Chief Assailed

## Whitman takes heat for saying air around Ground Zero was safe

WASHINGTON | Former Environmental Protection Agency chief Christine Whitman was bombarded by boos and a host of accusations Monday at a hearing examining her assurances that it had been safe to breathe the air around the fallen World Trade Center.

The confrontation between the former head of the Environmental Protection Agency and her critics grew heated at times. Some members of the audience shouted in anger, only to be gavelled down by Rep. Jerrold Nadler, D-N.Y., who chaired the hearing.

Whitman maintained the government warned those working on the toxic debris pile to use respirators, while elsewhere in Lower Manhattan the air was safe to the general public.

“There are, indeed, people to



Former Environmental Protection Agency chief Christine Whitman listens to opening statements at a House Judiciary Committee hearing on Capitol Hill.

blame. They are the terrorists who attacked the United States, not the men and women at all levels of government who worked heroically to protect and defend this country,” Whitman said.

She has long insisted that her statements that the “air is safe” were

aimed at those living and working near Ground Zero, not those who actually toiled on the toxic pile.

“Was it wrong to try get the city back on its feet as quickly as possible in the safest way possible? Absolutely not,” she said, drawing catcalls from the crowd. (AP)

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**National Institute of Mental Health NIMH**  
 National Institutes of Health, Department of Health & Human Services



# Supreme Court Rejects Cap on Ads

Ruling nullifies limits on political advertising during election times

WASHINGTON | Free speech rights take precedence over government restrictions on political advertising, the Supreme Court ruled Monday in a decision that opens the door for greater influence by interest groups in the closing days of an election.

In a 5-4 ruling, the court eased legal barriers aimed at corporate- and union-financed television ads, opening a door for interest groups to become an influential voice in the closing days of an election.

The decision upheld an appeals court ruling that a Wisconsin anti-abortion group should have been allowed to air ads during the final two months before the 2004 elections. The law unreasonably limits speech and violates the group's First Amendment rights, the court said.

The law, a provision in the 2002 campaign finance act, banned corporations and unions from paying for



The court's decision centered on TV ads urging voters to contact Wisconsin's two senators, Russ Feingold, above, and Herb Kohl, about judicial nominees.

political ads that mentioned a candidate for federal office within 60 days of a federal election and within 30 days of a primary or caucus.

"Discussion of issues cannot be suppressed simply because the issues may also be pertinent in an election," Chief Justice John Rob-

erts wrote. "Where the First Amendment is implicated, the tie goes to the speaker, not the censor."

The case addressed television ads by Wisconsin Right to Life that asked voters to contact the state's two senators, Democrats Russ Feingold and Herb Kohl, and urge them

## NO CHALLENGING FAITH

→ The Supreme Court also ruled Monday that ordinary taxpayers cannot challenge a White House initiative that helps religious charities get a share of federal money.

→ The 5-4 decision blocks a lawsuit by a group of atheists and agnostics.

→ President Bush called the 5-4 decision "a substantial victory for efforts by Americans to more effectively aid our neighbors in need of help."

not to filibuster President Bush's judicial nominees. Feingold was up for re-election at the time.

"I don't think Justice Roberts is naive," said Richard L. Hasena, a professor at Loyola School of Law, Los Angeles. "He knows full well that the test that the court has articulated today will lead to a great deal of corporation- and union-funded election advertising." JIM KUHNHEIN (AP)



Robert Zoellick will begin his tenure as World Bank president on Sunday.

## Bank Board OKs Zoellick as Chief

WASHINGTON | Robert Zoellick, a seasoned player in international financial and diplomatic circles, won the unanimous approval of the World Bank's board on Monday to become the poverty-fighting institution's next president. Zoellick will succeed Paul Wolfowitz, whose last day is Saturday, ending a stormy two-year tenure. The new president will take the reins Sunday, the first day of his five-year term. "I am ready to get to work," Zoellick said shortly after the board's decision. JEANNINE AVERSA (AP)

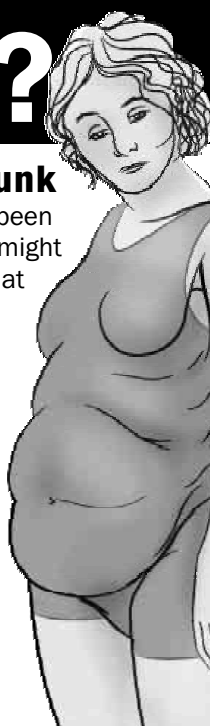
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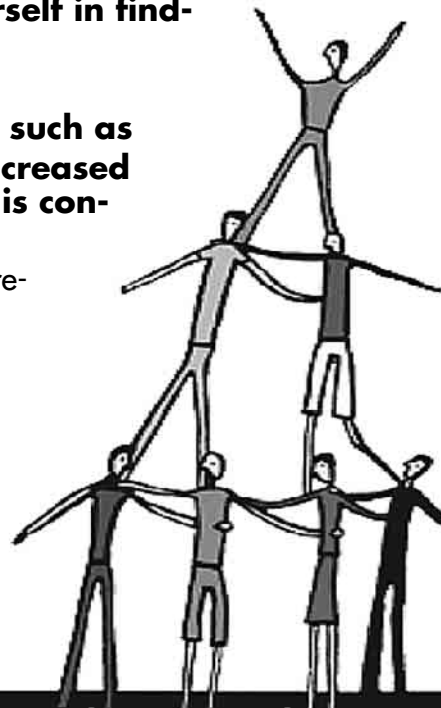
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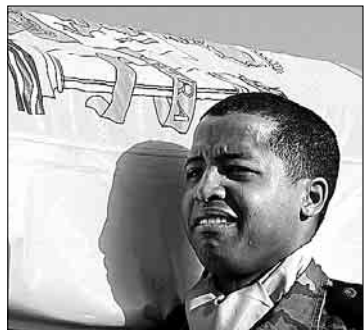




**TERMINATED:** British Prime Minister Tony Blair will meet California Gov. Arnold Schwarzenegger on Tuesday to discuss climate change in his last bilateral meeting as prime minister, Blair's office said. Schwarzenegger met with French leader Nicolas Sarkozy in Paris Monday.

## World

### In Brief



A Spanish soldier weeps as he carries the coffin of a colleague in Lebanon.

IBL EL-SAQI, LEBANON

#### U.N. Peacekeepers Mourn Comrades Killed in Bombing

Grieving U.N. peacekeepers loaded flag-draped coffins into helicopters Monday and bid farewell to six comrades killed by a car bomb as they patrolled southern Lebanon. The coffins of the soldiers were carried into a closed hangar at the Spanish-led force's headquarters, minutes drive from the blast site. After the ceremony, the bodies were loaded onto U.N. transport helicopters, which circled the base three times before heading to Beirut's airport for the journey back home. (AP)

MOGADISHU, SOMALIA

#### Police Clash With Crowd Storming Food Site, Killing 5

Police fired on a crowd of people trying to storm a warehouse that had been turned into a food distribution center in northern Mogadishu Monday, and five civilians were killed, witnesses said. Also Monday, officials said a hijacked Danish cargo ship off this country's coast ran dangerously low on supplies. (AP)

DUBLIN, IRELAND

#### British Troops Withdraw From Key IRA Power Base

The final British troops withdrew Monday from the Northern Ireland borderland long known as "bandit country," ending a 37-year mission to keep watch over the Irish Republican Army's most dangerous power base. Soldiers from the second battalion of the Princess of Wales' Royal Regiment left Bessbrook Mill in what their commander, Col. Wayne Harber, called a final act in "the longest military campaign in the army's history." (AP)

# Bomber Kills 13 at Baghdad Hotel

**Attacker manages to strike amid gathering of U.S.-allied sheiks**

BAGHDAD | A stealthy suicide bomber slipped into a busy Baghdad hotel Monday and blew himself up in the midst of a gathering of U.S.-allied tribal sheiks, undermining efforts to forge a front against the extremists of al-Qaeda in Iraq. Four of the tribal chiefs were among the 13 victims, police said.

Iraqi Prime Minister Nouri al-Maliki quickly vowed renewed support for Anbar province's tribal leaders after the noontime explosion, which also wounded 27 people and devastated the ground-floor lobby of the high-rise Mansour Hotel.

The stunning terror strike in the heart of Baghdad, by a killer penetrating layers of security, was one of a wave of suicide and other bombings that killed at least 46 people across Iraq on Monday.

In northern Iraq, 13 Iraqi police-



**TARGETED:** A suicide bomber apparently targeting a meeting of Sunni sheiks launched his attack Monday in a Baghdad hotel frequented by foreign news media.

men died in what the U.S. military described as a furious bomb and small-arms attack by insurgents on a security post shared by police and U.S. paratroopers.

In Baqouba, north of Baghdad, meanwhile, a week-old U.S.-Iraqi offensive pressed on, street by street, to drive al-Qaeda-linked insurgents from the city. Beginning late Sunday,

#### Iraq's Wasted Youth

→ Iraq's conflict is exacting an immense and largely unnoticed psychological toll on children and youth that will have lasting consequences, experts say. | **Today, AI**

**The Washington Post**

U.S.-Iraqi forces clashed with insurgents in the central market area, an Iraqi army officer reported.

The U.S. command reported that two U.S. soldiers were killed Monday in separate attacks in the Baghdad area.

The bomber at the Mansour Hotel struck as the lobby bustled with members of news media organizations headquartered at the hotel and other guests, witnesses said.

Among them were a group of sheiks associated with the Anbar Salvation Council, an alliance of Sunni tribes that have turned against the al-Qaeda in Iraq extremists in a bid to drive them from Anbar province.

CHARLES J. HANLEY (AP)

## Mexico Testing Top Police on Corruption Ties

MEXICO CITY | Mexico temporarily removed all 284 of its top federal police officers from their jobs and is forcing them to undergo psychological reviews to prove they will not be corrupted in the fight against drug trafficking, the government said Monday.

Mexican authorities have often purged police forces in attempts to eliminate corruption, only to see many of the fired officers go to work full-time for organized crime. This is one of the most extreme measures taken yet in hopes of guaranteeing the honesty of high-ranking officers.

It also comes as Mexico seeks more U.S. aid in a nationwide crackdown on drug gangs.

Public Safety Secretary Genaro Garcia Luna said the move came in response to Mexican frustration over corruption, and has nothing to do with U.S. pressure. (AP)

## Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

**Financial compensation will be provided for participation.**

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**National Institute of Mental Health NIMH**  
National Institutes of Health, Department of Health & Human Services  
National Institute of Mental Health



## World



**INKED:** China's tiny population of park-bred pandas will be discreetly tattooed before being released into bamboo forests to integrate with the larger wild panda community, an official said Monday. Each panda will also have a tracking chip inserted under its neck fur.

# Israel Plans to Free Fatah Prisoners

Decision to release 250 detainees part of bid to boost Abbas

SHARM EL-SHEIK, EGYPT | Israel's prime minister promised Monday to free 250 Palestinian prisoners and vowed to improve life in the West Bank in an attempt to boost Palestinian President Mahmoud Abbas after Hamas' takeover in Gaza.

Prime Minister Ehud Olmert made the pledges at a summit in this Egyptian Red Sea resort with Abbas and the leaders of Egypt and Jordan.

The Arab leaders hope the high-profile gathering can lead to a resumption of the long-blocked peace process, rally Palestinian support behind Abbas and isolate



**SHOW OF SUPPORT:** Israeli Prime Minister Ehud Olmert, left, greets Palestinian President Mahmoud Abbas on Monday at a summit in Sharm el-Sheikh, Egypt.

Hamas after the Islamic militant group's stunning victory in Gaza.

Hamas' new power has raised fears the Mediterranean coastal strip will become a breeding ground for extremism, and a series of messages released by militants underlined the trouble in Gaza.

Hamas-linked militants holding Israeli soldier Gilad Shalit for the past year released an audiotape of him urging Israel to strike a deal for his release. Alan Johnston, a British journalist kidnapped in Gaza, appeared in a video wearing an explosives belt that his captors threatened to detonate if security forces try to free him.

Olmert has also promised to allow food and electricity into Gaza, aiming to prevent a worsening humanitarian crisis there that could increase the strip's turmoil. (AP)

# Rice Urges New Action On Darfur

U.S. diplomat calls for sanctions if Sudan reneges on troop plan

PARIS | The world must be ready to impose sanctions on Sudan if it reneges on its pledge to let more peacekeeping forces into ravaged Darfur, Secretary of State Condoleezza Rice said Monday.

The Sudanese government has finally agreed to a larger force aimed at stopping four years of killing. But Rice sounded a note of caution amid bland or optimistic assessments by other nations.

"Sudan has a history of agreeing to things and then trying to condition or change them or to backtrack and say, 'Well, no, we didn't really agree to that,'" Rice said at a conference on Darfur organized by the new French government.

Sudan initially accepted the peacekeeping plan but then backtracked, before finally agreeing earlier this month. The timing was interpreted as an attempt by Sudan's leader, President Omar al-Bashir, to take the sting out of the conference held Monday in Paris. (AP)

# Saudi Banks to Segregate Sexes

RIYADH, SAUDI ARABIA | Female bank employees are being partitioned away from their male colleagues in their workplaces under new rules enforcing Saudi segregation of the sexes, a move women say is squeezing them out of the few business realms where they have been gaining more rights.

In one case, a woman banker reported to work only to be told she would no longer be working in her usual location. Her office has been relocated to a women-only suite, set up on the ground floor so she and other female bankers won't mix with men taking the elevators to higher floors.



Banks in Saudi Arabia have decided to separate male and female workers.

Saudi Arabia has long enforced a strict Islamic lifestyle in which men and women are segregated in public, including at schools, universities and restaurants.

Banking is one of the few professions where Saudi women have gained more rights in the past few years — as part of a reform drive. Female bankers say they now constitute up to 15 percent of the staff. (AP)

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**UPGRADERS:** About 400 people spent several hours cleaning up Baltimore parks over the weekend in return for tickets to an upcoming concert by pop singer Beyonce. The cleanup was part of a national effort to encourage community service.

## Local

### Md. Language Lab to Help Sort Federal Data

**BALTIMORE** | A new language laboratory to be jointly run by the University of Maryland and Johns Hopkins University will develop technologies to help the federal government sort through data in various languages.

Researchers at the laboratory will work on machine analysis of text and speech to develop software able to quickly cull and analyze materials in a number of languages.

"The government is facing a massive information overload. We need a better way to sort, filter and call attention to important material buried within enormous amounts of multilingual data being produced every day in other nations," said Gary W. Strong, the executive director of the new Human Language Technology Center of Excellence.

The center will be based at Johns Hopkins University's Homewood campus receive at least \$48.4 million in long-term funding from the Department of Defense. (AP)

### The Lotteries

**Monday, June 25**

#### DISTRICT

Mid-day Lucky Numbers	<b>8-9-4</b>
Evening Lucky Numbers	<b>1-3-3</b>
Mid-day DC 4	<b>6-8-1-1</b>
Evening DC 4	<b>2-7-1-7</b>
Rolling Cash Five	<b>17-18-22-23-21</b>
Daily 6	<b>8-31-6-36-3-13 Bonus: 29</b>

#### MARYLAND

Mid-day Pick 3	<b>0-1-7</b>
Evening Pick 3	<b>8-1-7</b>
Mid-day Pick 4	<b>1-4-2-8</b>
Evening Pick 4	<b>0-7-6-5</b>
Match 5	<b>2-6-17-26-37 Bonus: 38</b>

#### VIRGINIA

Mid-day Pick 3	<b>7-1-2</b>
Evening Pick 3 (Sun.)	<b>7-1-5</b>
Mid-day Pick 4	<b>9-9-1-0</b>
Evening Pick 4 (Sun.)	<b>8-7-6-3</b>
Mid-day Cash 5	<b>6-13-17-25-33</b>
Evening Cash 5 (Sun.)	<b>4-9-14-25-28</b>

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office.

## Pants Suit Falls Down in D.C. Court

**Judge rules in favor of dry cleaner in \$54M customer lawsuit**

**WASHINGTON** | A customer who sued a dry cleaner on claims that it lost his pants has now lost his entire suit — a \$54 million one.

A District of Columbia Superior Court judge Monday rejected Roy L. Pearson's lawsuit that took a dry cleaner's promise of "Satisfaction Guaranteed" to its most litigious extreme. Pearson, an administrative law judge, won't get a penny.

Pearson became a worldwide symbol of legal abuse by seeking jackpot justice from a simple complaint — that a neighborhood dry cleaner lost the pants from a suit and tried to give him a pair that were not his.

His claim was based on a strict interpretation of the city's consumer protection law — which imposes



Holding the pants in question, Jin Nam Chung, left, with his wife, Soo Chung, and attorney Chris Manning, spoke after a judge ruled in the Chungs' favor in the lawsuit.

finest of \$1,500 per violation — as well as damages for inconvenience, mental anguish and attorney's fees

for representing himself.

But Judge Judith Bartnoff ruled that the owners of Custom Cleaners

did not violate the consumer protection law by failing to live up to Pearson's expectations of the "Satisfaction Guaranteed" sign once displayed inside the store.

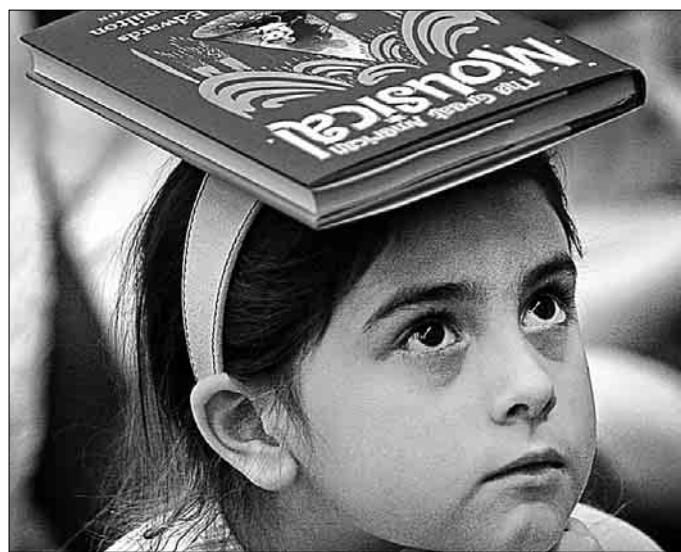
Bartnoff wrote that Pearson, an administrative law judge, also failed to prove that the pants the dry cleaner tried to return were not the pants he took in.

Bartnoff ordered Pearson to pay clerical court costs of about \$1,000 to defendants Soo Chung, Jin Nam Chung and Ki Y. Chung. A motion to recover the Chungs' tens of thousands of dollars in attorney's fees will be considered later.

"Judge Bartnoff has spoken loudly in suggesting that, while consumers should be protected, abusive lawsuits like this will not be tolerated," said the Chung's attorney, Chris Manning. "Judge Bartnoff has chosen common sense over irrationality and unbridled venom."

LUBNA TAKRURI (AP)

### WASHINGTON | LIBRARY CONFERENCE KICKS OFF



**STEP IN TIME:** Miranda Philps, 6, listens to Julie Andrews and her daughter Emma Hamilton Watson read the book they co-authored, "The Great American Mousical," at Martin Luther King Jr. Memorial Library in the District on Monday. The two are in town speaking at the American Library Conference about the importance of libraries for children's learning.



**BY THE NUMBERS:** Millions of gypsy moth caterpillars are devouring forest greenery across Maryland in what state pest-control experts say is the worst infestation in 12 years. Garrett County and the mountain regions between Frederick and Hagerstown are two major hot spots. The worms have an appetite for oak, apple, beech, birch and willow trees.

### Country Club Kitchen Stays Closed

**HAGERSTOWN, MD.** | Public health officials kept the Beaver Creek Country Club kitchen closed for the fifth straight day Monday after receiving more than 80 reports of gastrointestinal illness among people who

ate there. The Washington County Health Department was awaiting state laboratory tests on patient stool samples and the Department of the Environment was planning to do more water sampling. (AP)

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## Money

## Home Sales Hit New Low

Median price of an existing home falls for 10th month in a row

WASHINGTON | Sales of existing homes fell for a third straight month in May, dropping to the lowest level in four years as the median sales price declined for a record 10th consecutive month.

In a troubling sign for the future, the inventory of unsold homes shot up to the highest level in 15 years, meaning more downward pressure on prices in the months ahead until the inventory glut is reduced.

Sales fell by 0.3 percent in May to a seasonally adjusted annual rate of 5.99 million units, the National Association of Realtors reported Monday.

Sales now stand 10.3 percent



Economists believe home prices will likely head lower in coming months.

below where they were a year ago.

The median price of an existing home sold in May fell to \$223,700, down 2.1 percent from a year ago. It marked the 10th straight price decline compared with a year ago, the longest stretch on record.

The drop in sales was in line with expectations, providing

relief on Wall Street, where analysts had braced for an even worse showing.

Economists predicted home prices would likely head lower in the months ahead because of continued troubles in reducing the stockpile of unsold homes, which rose 5 percent in May to 4.43 million units. That was an 8.9 months supply at the May sales pace, a level that has not been seen since July 1992, the last time the country went through a serious housing slump.

"The only way we are going to chip away at this Mount Everest-sized pile of inventory is by price cuts and, so far, sellers haven't been aggressive enough," said Mike Larson, a real estate analyst at Weiss Research. "Don't look for a lasting bottom in the housing market anytime soon." MARTIN CRUTSINGER (AP)

## Murdoch's WSJ Bid Makes Inroads

NEW YORK | Rupert Murdoch's News Corp. appeared to be making progress in talks with Dow Jones & Co. over measures to protect the Wall Street Journal's editorial independence.

However, any potential deal would still need to be approved by Dow Jones' controlling shareholders, the Bancroft family, which

had initially rebuffed Murdoch's approach.

The Bancrofts, who have controlled Dow Jones for more than a century, have said their main concern is protecting the Journal's integrity.

The New York Times and the Journal reported Monday that News Corp. responded to propos-

als from Dow Jones about an editorial oversight board that would be created to protect the Journal from corporate interference and that the two sides appeared to be moving closer together.

With no other serious bidders in sight for Dow Jones, Murdoch could wind up winning control of the company if the two sides can agree on measures to safeguard the Journal's news coverage. (AP)

## Market Action

## New York Stock Exchange

## Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MidwGm	7.22	+0.77	+11.9
HrtldPay	29.00	+2.23	+8.3
MdbkIns	10.80	+0.60	+5.9
WestwdH	32.05	+1.79	+5.9
HarvNRes	12.75	+0.70	+5.8

## Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
MuellerWat	16.94	-2.41	-12.5
AmOriBio	8.39	-.92	-9.9
TRC Cos If	14.03	-1.17	-7.7
Blackstn n	32.44	-2.62	-7.5
Nortellnv	25.16	-2.03	-7.5

## NASDAQ Stock Market

## Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
US Xprss	18.94	+4.74	+33.4
DayStar	5.93	+1.40	+30.9
HokuSci	10.74	+2.00	+22.9
Concept	2.60	+0.48	+22.6
Imai	1.75	-.13	-6.9

## Losers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
CryoCor	2.77	-1.63	-37.0
Copernic	3.17	-.55	-14.8
FuweiF n	6.14	-1.01	-14.1
USHmSy	10.47	-1.59	-13.2
AdvLifSci	2.69	-.31	-10.3

## Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.25	5.19
3-month disc	4.67	4.49
2-year	4.85	4.99
10-year	5.07	5.14
30-year	5.19	5.25

## Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5004	.5002	.5498
Canadian Dollar	1.0702	1.0690	1.1241
European Euro	.7426	.7426	.7990
Japanese Yen	123.62	123.87	116.49
Mexican Peso	10.8482	10.8393	11.4106
Taiwanese Dollar	32.84	32.86	32.70

DOW	NASDAQ	S&P 500
-8.21	-11.88	-4.82
-0.06	-0.46	-0.32
13352.05	2577.08	1497.74

## Biotech Stocks

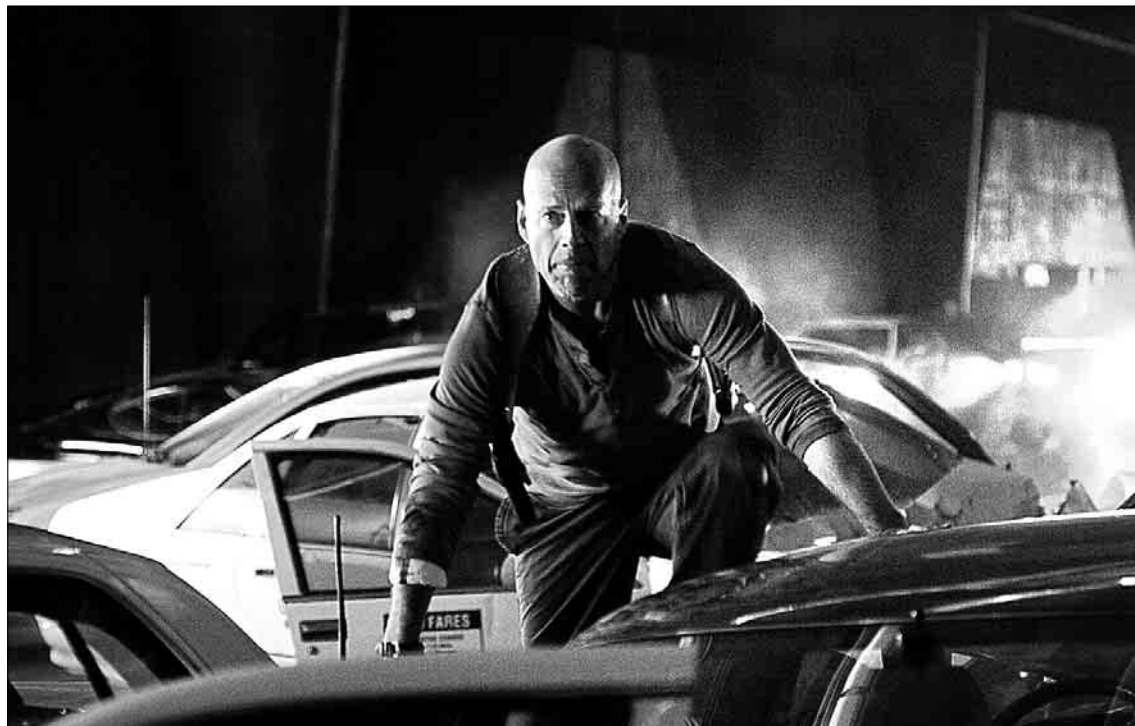
STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	55.86	-.10	-18.2
Amylin	40.83	-.78	+13.2
BiogenIdc	51.75	+0.17	+5.2
Celgene	56.25	-.15	-2.2
ChRvLab	51.79	-.34	+19.7
Genentch	73.95	-.88	-8.8
Genzyme	63.50	-.60	+3.1
GileadSci s	38.72	-.52	+19.3
Imclone	35.96	-.06	+34.4
Invitrogn	72.33	-.52	+27.8
MillPhar	10.14	-.02	-7.0
PDL Bio	23.36	-.25	+16.0
QIAGEN	17.61	-.19	+16.4
Techn	54.95	-.95	-.9
VertexPh	26.05	-.15	-30.4





**BUNNY ADVOCATE:** The director of the "Rush Hour" series will make a feature about Hugh Hefner, founder of Playboy magazine. The film will look at his social activism, perhaps involving his love of animals, as well as his sexual exploits.

## Entertainment



**THE SERIES THAT WON'T DIE:** Bruce Willis is back and hasn't lost his touch in "Live Free or Die Hard," in theaters Tuesday.

# McClane Lives

**Die-hard fans of the first three won't be disappointed in No. 4**

**MOVIE** | "Live Free or Die Hard" is the sort of movie you approach like last year's "Basic Instinct 2" or "Rocky Balboa."

You go in expecting the worst and figure you'll at least get some

laughs out of seeing an aging protagonist embarrassingly trying to reclaim old glory.

Luckily for Bruce Willis and the audience, his die-hard cop still has a lot of yippee-ki-yay in him, nearly 20 years after the first "Die Hard."

This fourth installment in the franchise, the first since 1995's "Die Hard With a Vengeance," is the sort of generally welcome surprise that

"Rocky Balboa" turned out to be, a reacquaintance with an old friend you didn't think you would like anymore, but do.

Let's be clear. "Live Free or Die Hard" is silly, outlandish and painfully implausible, and it grows more so as director Len Wiseman revs up the climactic action sequences to posterous extremes.

Yet for a pure summer power trip,

it's a decent throwback to the pure-brawn heyday of Willis and Arnold Schwarzenegger, an agreeable respite from today's cartoonlike ballets of computer-generated action.

This time out, Willis' John McClane still wisecracks, but he's much more a stoic hard case than the yammering clown of earlier years. Divorced and disillusioned, McClane still takes his job as a New York City detective seriously, and he does it well.

One night, while staking out his college-age daughter, Lucy (Mary Elizabeth Winstead), to make sure her date keeps his hands to himself, McClane is dispatched to pick up a computer hacker and deliver him to the FBI in Washington for questioning.

Computer geek Matt Farrell (Justin Long) is one of many digital wizards the feds want to question after the bureau's cyber-security division is hacked.

Moments after McClane shows up at Matt's door, assassins bombard the apartment with gunfire, setting off a long July Fourth weekend for the cop and the hacker as they chase around trying to stay ahead of the bad guys and figure out who's behind a computer incursion that cripples the nation.

Traffic signals go berserk, financial markets crash and federal buildings are evacuated because of false anthrax alarms.

So, of course, it's left to McClane, an analog dinosaur who barely grasps the concept of cell phones, to hunt the man down, aided by sidekick Farrell. **DAVID GERMAIN (AP)**



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**JOYCE CAROL OATES**  
**Digging Deep**

Renowned writer Joyce Carol Oates discusses her latest book, "The Gravedigger's Daughter." Oates unearths her personal childhood pain in this story about a Jewish family, headed by schoolteacher-turned-gravedigger Jacob Schwartz, that comes to New York in order to flee the perils of Nazi Germany.

→ *Politics and Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919.* (Van Ness)

**JULIE DEXTER**  
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Julie Dexter and her velvety voice have hopped across the pond to grace the U.S. with her Billie Holiday-inspired

tunes. Her latest album, "Conscious," not only encourages its listeners to explore their purpose on Earth, but is also the ultimate showcase for Dexter's talent.

→ *Blues Alley, 1073 Wisconsin Ave. NW; 8 & 10 p.m., \$25; 202-337-4141.*

**PAUL TAYLOR DANCE COMPANY**  
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Paul Taylor might now be considered the granddaddy of dance, but he still does it in style. Tonight his innovative blend of ballet training with modern and contemporary execution is at Wolf Trap.

→ *Filene Center, Wolf Trap, 1551 Trap Rd., Vienna; 7:30 p.m., \$8-\$34; 703-255-1900.*

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# Chronicles of a Princess

**Tina Brown gives the people a book to read about their princess**

**BOOK** | Nobody sold newspapers like Princess Diana, and now Tina Brown is hoping that juicy memories of the People's Princess will do the same for her first book.

The former magazine maven, credited with taking gossip upscale as editor of *Vanity Fair* in the 1980s, has released "The Diana Chroni-

cles" just before what would have been Diana's 46th birthday on July 1 and the 10th anniversary of her death in August. The book offers no real scoop after so many previous accounts of the princess' life, but Brown says the "Chronicles" is crammed with fresh details from Diana's childhood, marriage to Prince Charles and her early death.

"I'm very well-sourced in the book in the sense that I did 225 new interviews, and many of those were



The former *Vanity Fair* editor considers Diana the ideal subject for her book.

really insiders in the royal circle." Still, she was surprised by the enthusiastic response from critics.

Diana was a natural subject for Brown's first book because coverage of the princess helped define Brown's journalistic career, and she knew many people in Diana's world.

"When you think of the great, iconic stories that people seem to have kind of bottomless interest in, you think about Marilyn (Monroe) and John F. Kennedy and Diana," Brown said. "I think Diana has left an enormous footprint."

Doubleday said the book is in its fifth printing — up to 245,000 copies. **BRENT ZONGKER (AP)**

## Entertainment



**SOMETHING ABOUT BARRY:** Matt Dillon is in final negotiations to join the Disney comedy "Old Dogs." He's slated to play a conservative camp counselor, Barry, who suspects John Travolta's and Robin Williams' characters of being a couple.

# Old Dancing Ground

## A band comes to DC to play — and to scope its former 'hood

**BAND** | Gang Gang Dance is a New York band. They live in Manhattan and make music that somehow finds a common language between Pharoah Sanders, Bollywood and Kate Bush. But keyboardist Brian DeGraw has fond memories of D.C. Before he skipped town to live in N.Y.C., he and Gang Gang drummer Tim DeWitt spent a good part of the '90s dwelling in a Mt. Pleasant group house and playing in gender-politicking-spaz-punks The Cranium.

But when DeGraw describes Mt.

Pleasant it seems like a different place — or at least a place where you didn't have to worry about noise complaints.

"It was really exciting — there were, like, five different group houses and all of these people making music; you would just go from show to show," said the keyboardist, who resided here during the time when D.C. was home to edgier bands like Cromtech, Monorchid, Metamatics and The Makeup. "I'm really sentimental about it; it was a period of hyper-education. I learned more during that time than the entire previous part of my life," said Degraw while reminiscing about getting into free jazz and discovering Ethiopian music.



**GANG OF NEW YORK:** Before the big city, this band found its sound in Mt. Pleasant.

"Before that, I was in Connecticut listening to the Pixies."

Of course things have changed a little over the years. "I was back

there a while ago and I drove by the Embassy. It was such a beautifully run-down house, and now it's all landscaped and there's a BMW in

the driveway," lamented DeGraw. "We probably paid \$1600 for the whole house — seven bedrooms."

Not that DeGraw has time to worry about rent in Mt. Pleasant. He's been too busy with Gang Gang Dance, which so far has sped through four studios in an effort to attain the correct balance of punked out rawness and radio gloss.

"No one can really get the sound in between live and studio," DeGraw explained.

What the new record actually sounds like, the keyboardist had a hard time explaining. "Things are definitely getting a little more dancey — a little less freaky, but who knows? I think that we're making much more accessible music [in Gang Gang Dance], but to others, I'm sure it's still pretty [messed up]." AARON LEITKO (EXPRESS)

→ *The Rock and Roll Hotel, 1353 H St. NE; Tues., 8 p.m., \$8-\$10; 303-388-7625. (Union Station)*

### Advertisement

## Special Report solves the "My home isn't selling" problem

WASHINGTON METRO — A "Special Report" explodes what its author exposes as "The myth of slow home sales." In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site — [www.WantItSoldNow.com](http://www.WantItSoldNow.com).

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 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG (1130 210 445  
 720 950  
 OC & DA: FANTASTIC 4: SILVER SURFER (PG) DIG (345) 850  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1100 110 140 240  
 415 515) 620 650 750 920 1020  
 NANCY DREW (PG) DIG (1040 120 355) 630 905  
 OCEAN'S 13 (PG-13) DIG (1055 100 200 410 510) 725 825 1030  
 SURF'S UP (PG) DIG (1050 120 400) 615 835  
 KNOCKED UP (R) - ID REQ'D DIG (130 435) 740  
 MR. BROOKS (R) - ID REQ'D DIG (1230 340) 640 940  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1220  
 420) 820  
 SHREK THE THIRD (PG) DIG (1045 120 350) 625 900

### BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**A MIGHTY HEART (R) - ID REQ'D DIG** (1130 1200 130 200 230 400 430  
 500) 700 730 800 930 1000 1030  
 NANCY DREW (PG) DIG (210 440) 710 950  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1220 1250 150 220  
 250 320 420 450 520 550) 645 715 745 815 910 940 1010 1040  
 ONCE (R) - ID REQ'D DIG (1235 300 525) 750 1015  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (120  
 510) 850  
 SPIDER-MAN 3 (PG-13) DIG (410) 1035  
 OC: GEORGIA RULE (R) - ID REQ'D DIG (100) 720

### BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 A MIGHTY HEART (R) - ID REQ'D DIG (1215 245 530) 800 1020  
 1408 (PG-13) DIG (100 315 545) 815 1030  
 EVAN ALMIGHTY (PG) DIG ★ (1215 1245 115 245 315 400 515  
 545) 715 745 815 945 1015 1045  
 NANCY DREW (PG) DIG (130 430) 700 930  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 1230 200 230  
 300 430 500 530) 645 715 800 930 945 1030  
 OCEAN'S 13 (PG-13) DIG (100 415) 700 1015  
 SURF'S UP (PG) DIG (1245 300 515) 730 945  
 KNOCKED UP (R) - ID REQ'D DIG (1230 330) 745 1040  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (215)  
 645 1010  
 SHREK THE THIRD (PG) DIG (1200 230 500) 730 1000

### BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 1408 (PG-13) DIG (1230 245 530) 745 1000  
 EVAN ALMIGHTY (PG) DIG ★ (1130 1230 200 300 430 520) 715  
 745 945 1010  
 NANCY DREW (PG) DIG (1115 140 400) 700 930  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1100 1200 130 230  
 400 500) 700 730 815 945  
 OCEAN'S 13 (PG-13) DIG (115 415) 715 1000  
 SURF'S UP (PG) DIG (1210 215 430) 645 915  
 KNOCKED UP (R) - ID REQ'D DIG (115 415) 730 1030  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1215 300)  
 645 1015

## POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 1408 (PG-13) DIG (1240 310 540) 810 1040  
 EVAN ALMIGHTY (PG) DIG ★ (1145 1215 150 220 250 425 455  
 525) 700 730 800 935 1005 1035  
 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG (1130 210 445  
 720 950  
 OC & DA: FANTASTIC 4: SILVER SURFER (PG) DIG (345) 850  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1100 110 140 240  
 415 515) 620 650 750 920 1020  
 NANCY DREW (PG) DIG (1040 120 355) 630 905  
 OCEAN'S 13 (PG-13) DIG (1055 100 200 410 510) 725 825 1030  
 SURF'S UP (PG) DIG (1050 120 400) 615 835  
 KNOCKED UP (R) - ID REQ'D DIG (130 435) 740  
 MR. BROOKS (R) - ID REQ'D DIG (1230 340) 640 940  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1220  
 420) 820  
 SHREK THE THIRD (PG) DIG (1045 120 350) 625 900

## COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 A MIGHTY HEART (R) - ID REQ'D DIG (115 440) 720 1020  
 1408 (PG-13) DIG (1130 200 530) 750 1025  
 EVAN ALMIGHTY (PG) DIG ★ (1100 1145 1230 100 130 215 300  
 400 430 500 545) 645 715 745 845 930 1000 1030  
 NANCY DREW (PG) DIG (1105 1215 140 340) 655 940  
 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG (120 350) 630 900  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1120 1150 1220  
 1250 150 220 250 420 450 520 550) 700 730 800 945 1015 1040  
 OCEAN'S 13 (PG-13) DIG (1110 110 210 410 510) 710 810 1010  
 SURF'S UP (PG) DIG (1125 145 415) 640 910  
 KNOCKED UP (R) - ID REQ'D DIG (1245 425) 740 1035  
 MR. BROOKS (R) - ID REQ'D DIG (330) 950  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1115  
 245 445) 620 840 1005  
 SHREK THE THIRD (PG) DIG (1240 345) 650 920  
 SPIDER-MAN 3 (PG-13) DIG (1210) 635  
 OC & DA: FANTASTIC 4: SILVER SURFER (PG) DIG (320) 830  
 LIVE FREE OR DIE HARD-MIDNITE (PG-13) DIG 1159 PM

## ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 LIVE FREE OR DIE HARD-MIDNITE (PG-13) DIG 1159 PM  
 EVAN ALMIGHTY (PG) DIG ★ (1130 1200 1230 200 230 300 430  
 500 530) 700 730 800 930 1000 1030  
 1408 (PG-13) DIG (1230 245 515) 800 1015  
 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG (1145 215 445  
 715 945  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1215 1245 245 315  
 515 545) 745 815 1015 1045  
 KNOCKED UP (R) - ID REQ'D DIG (145 445) 745 1035  
 NANCY DREW (PG) DIG (1230 250 510) 730 1000  
 OCEAN'S 13 (PG-13) DIG (130 430) 730 1030  
 MR. BROOKS (R) - ID REQ'D DIG 915 PM  
 SHREK THE THIRD (PG) DIG (1130 145 400) 645  
 SURF'S UP (PG) DIG (1200 215 430) 700 915  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1215 345)  
 715 1045

## FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#  
**Adv. Tix on Sale RATATOUILLE (G) ★** (1000) AM  
**CURIOUS GEORGE (G) DIG** (1000) AM  
**HOW TO EAT FRIED WORMS (PG) DIG** (1145 1215 1245 215 245 330 445  
 515) 645 715 745 915 945 1015  
 EVAN ALMIGHTY (PG) DIG ★ (1230 310 530)  
 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG 800 1030  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1130 1200 100 230  
 220 340 410 440) 630 700 730 900 930 1000  
 WAITRESS (PG-13) (1150 230 500) 740 1020  
 MR. BROOKS (R) - ID REQ'D (1220 350) 710 1010  
 MR. MAN'S (R) - ID REQ'D (1210 320) 640  
 HOSTEL 2 (R) - ID REQ'D DIG 940 PM

## GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 LIVE FREE OR DIE HARD-MIDNITE (PG-13) DIG 1159 PM  
 EVAN ALMIGHTY (PG) DIG ★ (1200 1230 145 230 300 415 500  
 530) 645 730 815 930 1000  
 1408 (PG-13) DIG (1215 245 515) 745 1015  
 A MIGHTY HEART (R) - ID REQ'D DIG (100 445) 745 1030  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 1230 130 230  
 300 500 530) 645 730 815 1000 1045  
 OC & DA: FANTASTIC 4: SILVER SURFER (PG) DIG (415) 830  
 NANCY DREW (PG) DIG (1130 200 430) 715 945  
 OCEAN'S 13 (PG-13) DIG (1220 420) 715 1015  
 SURF'S UP (PG) DIG (1240 400) 650 940  
 KNOCKED UP (R) - ID REQ'D DIG (115 445) 800 1050  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1140  
 320) 700 1040  
 SHREK THE THIRD (PG) DIG (1130 200 430) 650 945

## UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 A MIGHTY HEART (R) - ID REQ'D DIG (1130 200 445) 730 1005  
 1408 (PG-13) DIG (1230 245 515) 745 1020  
 EVAN ALMIGHTY (PG) DIG ★ (1100 1200 130 400 500) 230 700  
 745 930 1015  
 NANCY DREW (PG) DIG (1115 135 400) 630  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1115 1215 145 245  
 415 515) 715 800 945 1030  
 OCEAN'S 13 (PG-13) DIG (1100 1230 145 330 430) 645 730 930 1015  
 SURF'S UP (PG) DIG (1130 215) 645  
 KNOCKED UP (R) - ID REQ'D DIG (1215 345) 715 1025  
 MR. BROOKS (R) - ID REQ'D DIG (1245 330) 700  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1245  
 415) 800  
 SHREK THE THIRD (PG) DIG (1200 230 500) 815 1030  
 LIVE FREE OR DIE HARD-MIDNITE (PG-13) DIG 1159 PM  
 OC: SURF'S UP (PG) DIG (430) 900

## MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#  
**Adv. Tix on Sale TRANSFORMERS (PG-13) ★**  
**Adv. Tix on Sale LIVE FREE OR DIE HARD (PG-13) ★**  
**Adv. Tix on Sale RATATOUILLE (G) ★**  
 LIVE FREE OR DIE HARD-MIDNITE (PG-13) DIG 1159 PM  
 1408 (PG-13) DIG (1200 220 455) 740 1010  
 EVAN ALMIGHTY (PG) DIG ★ (1130 1200 100 200 230 330 430  
 500) 700 730 800 925 1005 1025  
 NANCY DREW (PG) DIG (1250 340) 750 1015  
 FANTASTIC 4- DIGITAL PROJECTION (PG) DIG (1255 340) 720 955  
 OCEAN'S 13 (PG-13) DIG (1240 350) 650 935  
 SURF'S UP (PG) DIG (1130 155 420) 705 920  
 KNOCKED UP (R) - ID REQ'D DIG (110 410) 710 1000  
 PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1210  
 400) 810  
 SHREK THE THIRD (PG) DIG (1145 210 440) 725 945  
 SPIDER-MAN 3 (PG-13) DIG (1225 325) 645 950  
 FANTASTIC FOUR: SILVER SURFER (PG) DIG (1220 1220 300 300)  
 640 640 915 915

Times For 6/26/07 Daily Bargain Matinees In ( )

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# AN OPEN LETTER TO THE KNESSET IN JERUSALEM, THE CAPITAL OF THE LAND OF ISRAEL: IF YOU VOTED FOR PERES—AN *OTHER-YISRAEL* AND AN ENEMY WITHIN OURSELVES WHO PLACED THE LAND OF ISRAEL IN HARM'S WAY—YOU DESERVE EACH OTHER.

Jacob Gurewich  
Author of *THE ENEMY WITHIN* and *FEAR FACTORS*  
[www.jackgur.com](http://www.jackgur.com)



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## AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

**PRESENTED IN DIGITAL PROJECTION**  
**SHREK THE THIRD (PG)** 12:50, 3:30, 6:10, 9:10  
**1408 (PG13)** / 1:40, 4:20, 7:00, 9:40  
**EVAN ALMIGHTY (PG)** / 12:00, 1:00, 2:00, 2:40, 3:40, 4:40, 5:40, 6:20, 7:20, 8:20, 9:00, 10:00  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:20, 1:20, 1:50, 2:20, 3:00, 4:00, 4:35, 5:20, 6:00, 6:40, 7:40, 8:40, 9:20, 10:05  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 1:20, 4:00, 6:40  
**NANCY DREW (PG)** 12:40, 3:10, 5:35, 7:45, 9:55  
**HOTEL: PART II (R)** 1:55, 4:25, 7:05, 9:30  
**OCEAN'S THIRTEEN (PG13)** 1:30, 2:25, 4:30, 5:25, 7:30, 8:30, 10:25  
**SURF'S UP (PG)** 1:10, 3:25, 5:55, 8:05, 10:15  
**KNOCKED UP (R)** 1:35, 2:50, 5:00, 6:50, 8:10, 10:10  
**MR. BROOKS (R)** 1:45, 4:45, 7:35, 10:30  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:10, 3:20, 4:10, 7:10, 7:50  
**SHREK THE THIRD (PG)** 2:05, 4:55  
**28 WEEKS LATER (R)** 7:15, 9:50  
**SPIDER-MAN 3 (PG13)** 2:55, 6:30, 9:45

**AMC SELECT**  
**A MIGHTY HEART (R)** / 12:30, 3:05, 5:30, 7:55, 10:20

## LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard  
301-948-0906

**SPECIAL MIDNIGHT SHOW**  
**LIVE FREE OR DIE HARD (PG13)** / 12:01 AM  
**PRESENTED IN DIGITAL PROJECTION**  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 1:35, 5:15, 9:00  
**1408 (PG13)** / 12:35, 3:00, 5:30, 7:55, 10:30  
**EVAN ALMIGHTY (PG)** / 12:30, 1:15, 2:00, 2:55, 3:40, 4:30, 5:20, 6:10, 7:00, 7:40, 8:35, 9:30, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:35, 1:20, 2:05, 3:00, 3:40, 4:25, 5:00, 6:05, 6:55, 7:50, 8:30, 9:20, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 1:20, 3:40, 6:05, 8:30  
**NANCY DREW (PG)** 1:30, 4:00, 6:30, 9:10  
**HOTEL: PART II (R)** 10:30 PM  
**OCEAN'S THIRTEEN (PG13)** 12:40, 1:30, 3:30, 4:30, 6:30, 7:30, 9:30, 10:25  
**SURF'S UP (PG)** 1:10, 3:30, 5:50, 8:10, 10:25  
**KNOCKED UP (R)** 12:45, 1:45, 3:45, 4:45, 6:40, 7:35, 9:40, 10:30  
**MR. BROOKS (R)** 1:25, 4:25, 7:20, 10:10  
**SHREK THE THIRD (PG)** 1:15, 3:40, 6:10, 8:25, 10:30  
**SPIDER-MAN 3 (PG13)** 1:10, 4:15, 7:30

**AMC SELECT**  
**A MIGHTY HEART (R)** / 1:20, 3:55, 6:35, 9:15

## LOEWS GEORGETOWN 14

3111 K Street, N.W.  
202-342-6441

**SPECIAL MIDNIGHT SHOW**  
**LIVE FREE OR DIE HARD (PG13)** / 12:01 AM  
**1408 (PG13)** / 2:05, 4:40, 7:20, 9:55  
**EVAN ALMIGHTY (PG)** / 12:45, 2:15, 3:15, 4:45, 5:45, 7:15, 8:15, 9:40, 10:45  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 1:55, 2:55, 4:20, 5:20, 6:45, 7:45, 9:10, 10:10  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 2:55, 5:20, 7:45, 10:10  
**NANCY DREW (PG)** 2:50, 5:15, 7:40, 10:20  
**OCEAN'S THIRTEEN (PG13)** 1:10, 2:10, 4:05, 5:05, 7:00, 8:00, 10:00, 10:45  
**KNOCKED UP (R)** 1:25, 4:25, 8:30, 10:35  
**MR. BROOKS (R)** 5:10, 10:40  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 3:05, 6:50, 10:30  
**SHREK THE THIRD (PG)** 2:45

**AMC SELECT**  
**A MIGHTY HEART (R)** / 2:25, 5:00, 7:35, 10:15  
**YOU KILL ME (R)** / 12:50, 3:00, 5:25, 7:50, 10:25  
**WAITRESS (PG13)** 12:45, 3:10, 5:50, 8:05

## LOEWS SHIRLINGTON 7

2772 South Randolph  
703-671-0910 801

**AMC SELECT**  
**A MIGHTY HEART (R)** 1:50, 4:30, 7:20  
**YOU KILL ME (R)** 2:20, 4:50, 7:40  
**LA VIE EN ROSE (PG13)** 2:00, 5:00, 8:00  
**WAITRESS (PG13)** 1:40, 4:20, 7:00  
**ANGEL-A (R)** 1:20, 4:10, 7:00  
**AWAY FROM HER (PG13)** 4:40  
**PARIS, JE T'AIME (R)** 2:10, 7:30  
**ONCE (R)** 1:30, 3:50, 7:10

## AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886  
703-998-4262

**SPECIAL MIDNIGHT SHOW**  
**LIVE FREE OR DIE HARD (PG13)** / 12:01 AM  
**PRESENTED IN DIGITAL PROJECTION**  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:50, 6:20, 9:50  
**1408 (PG13)** / 2:05, 4:50, 7:20, 10:00  
**EVAN ALMIGHTY (PG)** / 12:00, 12:45, 1:30, 2:15, 3:15, 4:00, 4:45, 5:45, 6:30, 7:15, 8:15, 9:00, 9:45  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 1:00, 2:00, 2:45, 3:30, 4:30, 5:15, 6:00, 7:00, 7:45, 8:30, 9:30, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 1:00, 3:30, 6:00, 8:30  
**NANCY DREW (PG)** 12:40, 3:00, 5:20, 7:50, 10:20  
**HOTEL: PART II (R)** 12:35, 3:05, 5:30, 8:00, 10:30  
**OCEAN'S THIRTEEN (PG13)** 1:10, 2:10, 4:10, 5:10, 7:10, 8:10, 10:10  
**SURF'S UP (PG)** 12:30, 2:40, 5:05, 7:30, 9:55  
**KNOCKED UP (R)** 1:40, 4:35, 7:35, 10:30  
**MR. BROOKS (R)** 1:35, 4:40, 7:40, 10:25  
**SHREK THE THIRD (PG)** 12:05, 2:20, 4:55, 7:25, 9:40  
**SPIDER-MAN 3 (PG13)** 1:05, 4:05, 7:05, 10:05

**AMC SELECT**  
**A MIGHTY HEART (R)** / 12:10, 2:55, 5:25, 7:55, 10:25

## AMC COLUMBIA MALL 14

10300 Patuxent Parkway  
410-423-0520

**SPECIAL MIDNIGHT SHOW**  
**LIVE FREE OR DIE HARD (PG13)** / 12:01 AM  
**PRESENTED IN DIGITAL PROJECTION**  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:35, 6:25, 10:05  
**1408 (PG13)** 12:50, 3:20, 5:50, 8:25, 11:00  
**EVAN ALMIGHTY (PG)** 12:45, 2:15, 3:15, 4:45, 5:45, 7:15, 8:15, 9:45  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 1:15, 2:45, 3:45, 5:15, 6:15, 7:45, 8:45, 10:15, 11:10  
**NANCY DREW (PG)** 2:05, 4:35, 7:05, 9:30  
**OCEAN'S THIRTEEN (PG13)** 12:35, 3:35, 6:35, 9:35  
**OCEAN'S THIRTEEN (PG13)** 12:35, 3:35, 6:35, 9:35  
**SURF'S UP (PG)** 1:50, 4:15, 7:35, 9:50  
**KNOCKED UP (R)** 1:20, 4:20, 7:25, 10:30  
**MR. BROOKS (R)** 2:25, 5:20, 8:05, 10:50  
**SHREK THE THIRD (PG)** 1:55, 4:30, 6:55, 9:15

**AMC SELECT**  
**A MIGHTY HEART (R)** 12:25, 2:55, 5:25, 7:55, 10:25  
**WAITRESS (PG13)** 1:40, 4:10, 6:45, 9:20

## AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road  
703-971-3991

**1408 (PG13)** / 12:00, 2:25, 5:00, 7:30, 10:10  
**EVAN ALMIGHTY (PG)** / 12:15, 2:45, 5:15, 7:45, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:10, 1:45, 2:30, 3:40, 5:00, 7:00, 7:30, 9:30, 10:00  
**NANCY DREW (PG)** 12:15, 2:30, 4:45, 7:00, 9:30  
**OCEAN'S THIRTEEN (PG13)** 1:15, 4:15, 7:15, 10:15  
**SURF'S UP (PG)** 12:05, 2:15, 4:45, 7:15, 9:45  
**KNOCKED UP (R)** 1:45, 4:30, 7:45, 10:45  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 2:45, 6:45, 10:25  
**SHREK THE THIRD (PG)** 12:30, 3:00, 5:20, 7:40, 10:00

## MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo  
301-324-4220

**1408 (PG13)** 12:00, 2:20, 4:50, 7:20, 9:50  
**EVAN ALMIGHTY (PG)** 12:15, 2:45, 5:15, 7:45, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:30, 2:00, 3:05, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30  
**NANCY DREW (PG)** 12:05, 2:25, 4:45, 7:10, 9:40  
**HOTEL: PART II (R)** 12:35, 3:00, 5:25, 8:10, 10:25  
**OCEAN'S THIRTEEN (PG13)** 12:55, 3:55, 6:55, 10:00  
**SURF'S UP (PG)** 12:05, 2:15, 4:35, 7:05, 9:35  
**MR. BROOKS (R)** 1:30, 4:25, 7:30, 10:35  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:00, 3:25, 6:50, 10:15  
**SHREK THE THIRD (PG)** 12:10, 2:35, 4:55, 7:25, 9:55

**AMC SELECT**  
**A MIGHTY HEART (R)** 12:20, 2:40, 5:10, 7:40, 10:10

## LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 1:00, 4:30, 8:00

## AMC TYSONS CORNER 16

7850 Tysons Corner Center  
703-998-4262

**SPECIAL MIDNIGHT SHOW**  
**LIVE FREE OR DIE HARD (PG13)** / 12:01 AM  
**PRESENTED IN DIGITAL PROJECTION**  
**SHREK THE THIRD (PG)** 12:00, 2:20, 4:55, 7:15, 9:35  
**1408 (PG13)** / 12:05, 2:35, 5:00, 7:35, 10:15  
**EVAN ALMIGHTY (PG)** / 12:35, 1:35, 3:10, 4:30, 5:45, 7:20, 8:20, 9:55, 10:45  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 12:15, 1:00, 1:45, 2:45, 3:30, 4:35, 5:15, 5:55, 7:00, 7:45, 8:30, 9:30, 10:00, 10:45  
**NANCY DREW (PG)** 1:55, 4:20, 7:05, 9:40  
**OCEAN'S THIRTEEN (PG13)** 1:40, 2:10, 4:40, 5:10, 7:40, 8:10, 10:40  
**SURF'S UP (PG)** 1:30, 4:10, 6:50, 9:05  
**KNOCKED UP (R)** 1:05, 1:50, 4:00, 4:45, 8:05, 10:05  
**KNOCKED UP (R)** 1:50, 4:45, 8:05  
**PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13)** 12:10, 3:45, 6:25, 7:25, 10:10  
**SHREK THE THIRD (PG)** 1:15, 4:00

**AMC SELECT**  
**A MIGHTY HEART (R)** / 2:15, 4:50, 7:30, 10:20

## AMC MAZZA GALLERIE

Jenifer and Wisconsin  
202-537-9553

**1408 (PG13)** / 1:30, 4:20, 7:20, 9:45  
**EVAN ALMIGHTY (PG)** / 12:15, 2:45, 5:15, 7:45, 10:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 2:00, 4:30, 7:00, 9:30  
**NANCY DREW (PG)** 12:45, 3:10, 5:40, 8:00, 10:20  
**OCEAN'S THIRTEEN (PG13)** 1:15, 4:15, 7:15, 10:00  
**KNOCKED UP (R)** 1:40, 4:45, 7:40, 10:30  
**MR. BROOKS (R)** 1:40, 4:20, 10:25

## AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.  
703-998-4AMC

**1408 (PG13)** / 12:50, 3:00, 5:20, 7:40, 10:10  
**OCEAN'S THIRTEEN (PG13)** 12:30, 1:30, 3:30, 4:40, 6:30, 7:30, 9:30, 10:30  
**SURF'S UP (PG)** 12:40, 2:50, 5:10, 7:10, 9:20  
**KNOCKED UP (R)** 1:00, 2:00, 4:00, 5:00, 7:00, 8:00, 9:50, 10:40  
**SHREK THE THIRD (PG)** 1:10, 3:20, 5:30, 7:40, 9:50

**AMC SELECT**  
**WAITRESS (PG13)** 2:20, 4:50, 7:20, 9:45

## LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike  
703-506-9857 802

**DOA: DEAD OR ALIVE (PG13)** 12:00, 2:30, 5:10, 8:10  
**HOTEL: PART II (R)** 12:30, 2:40, 5:00, 8:00  
**MR. BROOKS (R)** 1:20, 4:10, 7:10  
**28 WEEKS LATER (R)** 12:10, 2:20, 4:50, 7:50  
**SPIDER-MAN 3 (PG13)** 1:00, 4:00, 7:00  
**HOT FUZZ (R)** 1:10, 4:20, 7:20

**AMC SELECT**  
**WAITRESS (PG13)** 12:00, 2:15, 4:30, 7:30  
**AVENUE MONTAIGNE (PG13)** 12:15, 2:25, 4:40, 7:40

## LOEWS DUPONT 5

1350 19th St.  
1-800-FANDANGO #711

**OCEAN'S THIRTEEN (PG13)** 1:30, 4:30, 7:30  
**KNOCKED UP (R)** 1:15, 4:00, 7:00

**AMC SELECT**  
**EAGLE VS. SHARK (R)** 1:00, 3:00, 5:10, 7:45  
**ANGEL-A (R)** 1:45, 4:15, 7:15  
**BROOKLYN RULES (R)** 2:00, 4:45, 8:00

## LOEWS WHITE FLINT 5

North Bethesda  
1-800-FANDANGO #741

**EVAN ALMIGHTY (PG)** 2:30, 5:15, 7:15  
**FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG)** 2:00, 4:30, 7:00  
**OCEAN'S THIRTEEN (PG13)** 2:05, 4:35, 7:15

**AMC SELECT**  
**A MIGHTY HEART (R)** 2:15, 4:20, 7:05  
**WAITRESS (PG13)** 2:20, 4:40, 7:10

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Times for Tuesday, June 26, 2007

TUESDAY | 6:26 2007 | EXPRESS | 13

# Television



**SURVIVE THIS:** From the guy who brought us “The Apprentice” and “Survivor” comes the latest in reality shows: pain. Mark Burnett is developing a series featuring mixed martial arts, a more complex version of ultimate fighting.

## Incan Inquisition

On PBS, a cemetery raises questions about Conquistadors

INCANS | History and archaeology work in strange ways on “Nova: The Great Inca Rebellion” (8 p.m., PBS), the first collaboration between “Nova” and National Geographic.

A proposed highway extension near Lima, Peru, inspired scientists to excavate an area long believed to be a cemetery dating back to the 16th century. What they discovered both confirmed and challenged the standard history of the Conquistadors.



**REAL SCREAM:** Some of the Incan bodies may be the earliest gunshot victims.

Some of the bodies discovered at the Lima site appear to have been Incan soldiers killed by Francisco Pizarro’s men. Examined by forensic scientists in Peru and the United States, their bones show evidence of bullet wounds and may be considered the first victims of gunfire in the history of the New World.

But most of the bodies at the site appear to have been killed with Indian weaponry. This discovery gives credence to theories that Pizarro had plenty of help from local Indians who were feuding with the Incans, even though Spanish propagandists of the period downplayed the role of indigenous assistance and touted the subjugation of the Incans by a handful of Spaniards as proof of Western superiority over “savages.” KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

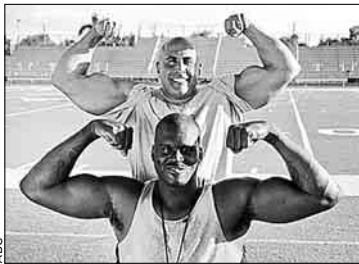
### ON TV TONIGHT

**AND IT’S NOT FREE THROWS**  
NBA star Shaquille O’Neal uses his celebrity to become a role model for obese children with the new series **SHAQ’S BIG CHALLENGE** (9 p.m., ABC).

**GRIMY EMPLOYMENT**  
The series **DIRTY JOBS** (9 p.m., Discovery) enters a new season. By summer’s end, host Mike Rowe will have done 150 dirty jobs. Tonight, Mike discovers the down-and-dirty side of installing billboards.

**THE BALLAD OF LARRY AND YOKO**  
Paul McCartney and Ringo Starr, as well as Yoko Ono and Olivia Harrison, appear on **LARRY KING LIVE** (9 p.m., CNN) to discuss a Beatles-themed show in Las Vegas.

**F.A.T. CHANCE**  
Mo’Nique hosts the **BET AWARDS ’07** (8 p.m., BET).



**ATTACK THAT FAT:** Shaq helps overweight kiddies drop pounds on ABC.

**SOME DO, SOME DON’T**  
New Yorkers audition on **AMERICA’S GOT TALENT** (8 p.m., NBC).

**CRANKY DOC**  
House sues a patient’s parents on **HOUSE** (9 p.m., Fox). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

6:26:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
<b>LOCAL CHANNELS</b>	<b>WRC</b> [4] News (N) [66]			NBC Nightly News	Access Hollywood	America's Got Talent Hopeful stars audition for the judges in New York. (N)			Law & Order: Special Victims Unit [1]	News (N) [66]	News (N) [66]	Tonight Show
	<b>WTTG</b> [5] Seinfeld [66]	The Simpsons [1]	The Simpsons [1]	Seinfeld [1] [66]	On the Lot (S Live) [66]	House "Finding Judas" [1] [66]			News (N)	News (N)	News (N)	Every-Raymond
	<b>WJLA</b> [7] News (N) [66]	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	According to Jim [1]	According to Jim [1]	Shaq's Big Challenge [1] [66]		Primetime "Family Secrets" (N) [66]	News (N) [66]	News (N) [66]	(35) Nightline (N)
	<b>WUSA</b> [9] News (N) [66]	Evening News	News	Entertainment	NCIS "Sharif Returns" [1] [66]		The Unit "The Water Is Wide" [66]		48 Hours Mystery [1] [66]	News (N) [66]	News (N) [66]	Late Show
	<b>WDCB</b> [20] Judge Judy [66]	Judge Joe Brown	Scrubs [1] [66]	Scrubs [1] [66]	★ ★ "The Distinguished Gentleman" (1992, Comedy) Eddie Murphy. [1] [66]		Still Standing [1]	Still Standing [1]	Malcolm-Mid.	Malcolm-Mid.	Malcolm-Mid.	Malcolm-Mid.
	<b>WMPT</b> [22] The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.	Nova "The Great Inca Rebellion" (N)	Frontline/World "After the Wave" (N)		Secrets of the Dead [66] (DVS)		Mackinac Isl.	Smart Travels	Smart Travels	Smart Travels
	<b>WETA</b> [26] BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "The Great Inca Rebellion" (N)	Cousteau: Ocean Adventures		BBC World News	Tavis Smiley T.I.	Charlie Rose (N) [1] [66]			
	<b>WHUT</b> [32] World Business	Tavis Smiley T.I.	BBC World News	Moneywise	Mystery! [66] (DVS)		You're Not Alone [1] [66]		Will & Grace [1]	Will & Grace [1]	Sex and the City	Sex and the City
	<b>WDCW</b> [50] My Wife and Kids	My Wife and Kids	Friends [1] [66]	Friends [1] [66]	Gilmore Girls "The Great Stink" [1]		Veronica Mars "Of Vice and Men" [1]		Will & Grace [1]	Will & Grace [1]	Sex and the City	Sex and the City
<b>BASIC CABLE</b>	<b>A&amp;E</b>	Cold Case Files [66]	CSI: Miami "Shock" [1] [66]	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel
	<b>Animal</b>	The Crocodile Hunter Diaries [66]	The Most Extreme	Foiled by Nature	The Most Extreme Hoarders.	Wildlife on One	Animal Battle.	Animal Cops Houston [66]		The Most Extreme	Foiled by Nature	Foiled by Nature
	<b>BET</b>	106 & Park: Live on the Carpet Celebrities arrive for the BET Awards '07. (N)	BET Awards '07 From Los Angeles. (Live) [66]									
	<b>Bravo</b>	Top Chef Fruit. [66]	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List
	<b>Comedy</b>	Reno 911! [66]	Reno 911! [66]	Scrubs [1] [66]	Scrubs [1] [66]	Daily Show	Colbert Report	Mind of Mencia	South Park [66]	Gary Gulman: Boyish Man [66]	Daily Show	Colbert Report
	<b>Court</b>	Forensic Files	Forensic Files	Cops [66]	Cops [66]	Cops [1] [66]	Cops [1] [66]	Forensic Files	Forensic Files	Murder by the Book "Lisa Scottoline" [66]	Haunting Evid.	Haunting Evid.
	<b>Discovery</b>	Dirty Jobs "Skull Cleaner" [66]	Dirty Jobs "100th Dirty Jobs Special"	Dirty Jobs "100th Dirty Jobs Special"	Triplets and Quints [66]	Double Identical Twins [66]		Jon & Kate Plus 8	Jon & Kate Plus 8	Triplets and Quints [66]		
	<b>DISCH</b>	Critical Incident 2: Priority One [66]	Impact: Stories of Survival [66]									
	<b>Disney</b>	Zack & Cody	Zack & Cody	Hannah Montana	Zack & Cody	"Zenon: Girl of the 21st Century" (1999) Kirsten Storms. [1] [66]		That's So Raven	Life With Derek	Zack & Cody	Hannah Montana	Hannah Montana
	<b>E!</b>	Worst Dating	Worst Talk	E! News (N)	Live-Red Carpet	30 Most Outrageous Celebrity Feuds Notorious Hollywood feuds.		Simple Life	Simple Life	E! News	Live-Red Carpet	Live-Red Carpet
	<b>FX</b>	(5:00) ★ ★ ★ "Friday Night Lights" (2004) Billy Bob Thornton, Derek Luke.				★ ★ "Kiss of the Dragon" (2001, Action) Jet Li, Bridget Fonda.		That '70s Show	That '70s Show	★ "Universal Soldier: The Return"		
	<b>HGTV</b>	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	Buy Me [1]	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?
	<b>Family</b>	8 Simple Rules [1]	8 Simple Rules [1]	Grounded for Life	Grounded for Life	★ ★ "The Prince & Me" (2004) Julia Stiles. A collegian and a Danish prince fall in love. [66]		Whose Line?		The 700 Club [66]		
	<b>History</b>	Modern Marvels "The Supermarket"	Modern Marvels "Distilleries" [66]			Engineering an Empire "China" [66]		The Universe "The Moon" (N) [66]	Ice Road Truckers [66]	Modern Marvels Trucking industry.		
	<b>Lifetime</b>	Reba [1] [66]	Reba [1] [66]	Still Standing [1]	Still Standing [1]	Reba [1] [66]	Reba [1] [66]	"Abducted" (2007, Drama) Sarah Wynter, Andrew Walker. [66]		Will & Grace [1]	Will & Grace [1]	Will & Grace [1]
	<b>MTV</b>	Exposed [1]	Yo Momma (N) [1]	Real World-Rd	Real World-Rd	Real World Vegas	Real World Vegas	Super Sweet 16	Super Sweet	Real World-Rd	Rob & Big (N) [1]	Rob & Big [1]
	<b>NICK</b>	Ned's School	Zoeys 101 [66]	Fairly OddParents	Jimmy Neutron	Drake & Josh [1]	SpongeBob	Home Videos	Full House [66]	Roseanne [66]	Roseanne [66]	Fresh Prince
	<b>SCI FI</b>	Eureka Fargo invents a mental mouse.	Eureka "Purple Haze" [1] [66]			Eureka "H.O.U.S.E. Rules" [1] [66]		Eureka "Once in a Lifetime" [1] [66]	ECW (Live)	Painkiller Jane [1] [66]		
	<b>SPIKE</b>	CSI: Crime Scene Investigation [1]	CSI: Crime Scene Investigation [1]			★ ★ ★ "Jeremiah Johnson" (1972, Adventure) Robert Redford, Will Geer. Premiere.						CSI: Crime Scn
	<b>TBS</b>	Seinfeld [1] [66]	Seinfeld [1] [66]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Sex and the City	Sex and the City	Friends [1] [66]	Friends [1] [66]	Sex and the City
	<b>TLC</b>	Property Ladder [66]	Overhaulin' Truck [66]			American Chopper [66]		Miami Ink More staff needed.	Miami Ink "Old Friends" (N)	Miami Ink "Family Values Tour"		
	<b>TNT</b>	Law & Order "Dazzled" [1]	Law & Order "Nowhere Man" [1]			Law & Order "License to Kill" [1]		Law & Order "Gov Love" [1] [66]	Without a Trace "John Michaels" [1]	Without a Trace "Showdown" [66]		
	<b>USA</b>	Law & Order: SVU	Law & Order: Criminal Intent [66]			Law & Order: Special Victims Unit [1]	★ ★ ★ "The Bourne Identity" (2002, Suspense) Matt Damon, Franka Potente, Chris Cooper. [66]			Law & Order: Special Victims Unit [1]		
	<b>VH1</b>	100 Cheesetastic Video Tricks... Ex	MTV Unplugged "Bon Jovi" [1]			HOTrageous Celeb Couples [1]		40 Greatest Reality Show Moments Memorable reality occurrences. [1]		The Surreal Life	The Surreal Life	The Surreal Life
<b>SPANISH</b>	<b>TELEM</b>	Daniela	Noti-Telemundo	Dame Chocolate		Marina		Zorro - La Espada y la Rosa	La Esclava Isaura	Noti-Telemundo	12 Corazones	12 Corazones
	<b>UNIV</b>	Que Locura	Noticiero Univ	Duelo de Pasiones		Yo Amo a Juan Querendón (N)		Destilando Amor	Ver Para Creer	Primer Impacto	Noticiero Univ.	Noticiero Univ.
<b>SPORTS</b>	<b>ESPN</b>	SportsCenter (Live) [66]		2007 ESPY Nomination Special (N)		U.S. Poker Championship (Taped)		U.S. Poker Championship (Taped)	Baseball Tonight (Live)	SportsCenter (Live) [66]		
	<b>ESPN2</b>	Gearz	NASCAR Now	Who's Number 1? [66]		College Basketball 2007 Slam Dunk and 3-Point Contest. From Atlanta. [66]		WNBA Basketball New York Liberty at Sacramento Monarchs. (Live) [66]				
	<b>CSN</b>	Washington	SportsNite [66]	Cal's Call to the Hall		The Sports List	Washington Post Live	SportsNite (Live) [66]		Best Damn Sports Show Period (Live)		
<b>NEWS</b>	<b>CNN</b>	Lou Dobbs Tonight [66]		The Situation Room		Paula Zahn Now [66]		Larry King Live [66]	Anderson Cooper 360 [66]			
	<b>FNC</b>	Special Report (Live) [66]		The Fox Report With Shepard Smith		Hannity & Colmes (Live) [66]		Hannity & Colmes (Live) [66]	On the Record-Van Susteren	The O'Reilly Factor		
	<b>MSNBC</b>	Tucker		Hardball [66]		Countdown With Keith Olbermann		Scarborough Country (Live)	MSNBC Investigates	Inv: To Love and to Kill		
<b>MOVIES</b>	<b>AMC</b>	(5:00) ★ ★ "The Ninth Gate" (1999, Suspense) Johnny Depp, Lena Olin. 'R'		★ ★ ★ "The Last of the Mohicans" (1992, Adventure) Daniel Day-Lewis, Madeleine Stowe. 'R'		★ ★ ★ "Dances With Wolves" (1990) Kevin Costner.						
	<b>TCM</b>	(5:45) ★ ★ ★ "The Facts of Life" (1960) Bob Hope. 'NR'	Cartoon Alley	★ ★ "The Bigamist" (1953, Drama) Joan Fontaine. 'NR'		★ ★ "Outrage" (1950, Drama) Mala Powers. 'NR'		★ ★ ★ "The Hitch-Hiker" (1953) 'NR'				
	<b>HBO</b>	★ ★ "Firewall" (2006, Suspense) Harrison Ford. [1] 'PG-13' [66]		REAL Sports With Bryant Gumbel [1]		★ ★ "The Sentinel" (2006, Suspense) Michael Douglas. [1] 'PG-13' [66]		Entourage [66]		Big Love, Big		
	<b>MAX</b>	(5:30) ★ ★ ★ "Excalibur" (1981, Fantasy) Nicol Williamson. [1] 'PG' [66]		★ ★ "Home Alone 2: Lost in New York" (1992) Macaulay Culkin. 'PG' [66]		★ ★ "Land of the Dead" (2005) Simon Baker. 'R' [66]		Sin City Diaries		(35) Pitch Black		
	<b>SHOW</b>	(5:15) ★ ★ "The Movie Hero" (2003)	(6:55) ★ ★ ★ "Mission: Impossible III" (2006) Tom Cruise. 'PG-13' [66]			Meadowlands (iTV) Cross-dressing.		★ "Shadowboxer" (2005) Helen Mirren. iTV. 'R' [66]		Motorcycle Gang		
	<b>TMC</b>	"Love Comes to the Executioner" (2004) [1] 'R' [66]	★ ★ "Blown Away" (1994, Suspense) Jeff Bridges. [1] 'R' [66]			★ "Beyond the Law" (1992, Action) Charlie Sheen. [1] 'R' [66]						
	<b>STARZ!</b>	★ ★ ★ "Friends With Money" (2006) Jennifer Aniston. 'R'	(3:35) ★ ★ "The Wild" (2006) Voices of Kiefer Sutherland.			★ ★ "The Shaggy Dog" (2006) Tim Allen. [1] 'PG' [66]		(4:5) ★ ★ "An Unfinished Life" (2005) Robert Redford.				
	<b>ENCORE</b>	(5:45) ★ ★ ★ "Cape Fear" (1991, Suspense) Robert De Niro. [1] 'R' [66]		★ ★ ★ "Heat" (1995) Al Pacino, Val Kilmer. A homicide detective matches wits with a cunning adversary. [1] 'R' [66]				★ ★ ★ ★ "The Deer Hunter" (1978)				



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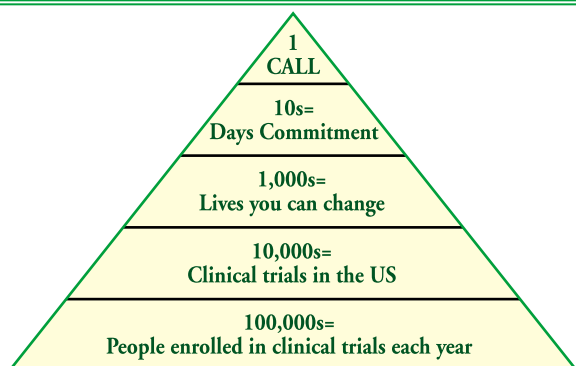
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Please call now for more information **(410) 465-2455**

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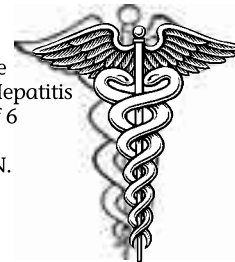
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All healthy adults (18-55) are invited to participate in a clinical trial investigating a new vaccine for Hepatitis B. The study requires 5 office visits over a period of 6 months. Participants cannot have had previous vaccination for Hepatitis B. \$175 COMPENSATION.

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The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

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**HE'LL MOVE ONTO A BABY CORN EATING CONTEST:** Hot dog-eating champ Takeru Kobayashi, who wolfed down 53 hot dogs in 12 minutes, has been diagnosed with jaw arthritis and cannot open his mouth wider than a finger, The Daily Telegraph reported.



## Sports

## Swengali

WIZARDS | BY MATT SWENSON

### D.C. Deserves Bullets Again

WASHINGTON, D.C., HAS a long, if not necessarily glorious, tradition of sports.

Sure, the Redskins won three Super Bowls and D.C. United is in a league by itself, in MLS terms.

But, mostly, this city's sports history is about losing — whether it's on the field or off of it. So much so that we've lost baseball twice.

There are two ways we can go with this: hang our heads in shame or embrace it.

To wit, we give you the Washington Capitals. In a nod to tradition, if not style, the Caps are going back to the red, white and blue uniforms seen in all those painful playoff losses of the 1980s. (The team made the Stanley Cup final with the new unis.)

I'm so much in favor of the switch that this space is now dedicated to daring the Wizards to do their Verizon Center mates one better.

**Let's go back to the Bullets, the moniker of the 44-38 team that won a title.**

Naturally, this means a call back to the red, white and blue-striped shirts of years past. But moreover, let's go back to the Bullets, the moniker of the 44-38 team that miraculously won a championship in 1978.

"Wizards" is a bad marketing scheme that never got better. The fact that it's lasted 10 years is sad.

And let's be real: The curse certainly hasn't been broken (see last year's injuries). Rather than hide from it — or pretend it doesn't exist — just roll with it.

The team will always be the Bullets to this city. We might as well make it official again.

To reach Matt Swenson, e-mail [matt.swenson@readexpress.com](mailto:matt.swenson@readexpress.com)

# Federer Wins, Surprising No One

Chasing his 5th title at Wimbledon, world's No. 1 advances easily

TENNIS | Roger Federer came onto Centre Court at Wimbledon dressed like a player from a bygone era. He then played like his usual modern-day great self.

The top-ranked Swiss star began his bid for an Open era record-equaling fifth consecutive Wimbledon title Monday by beating Teimuraz Gabashvili of Russia 6-3, 6-2, 6-4 on a cool and wet opening day at the All England Club.

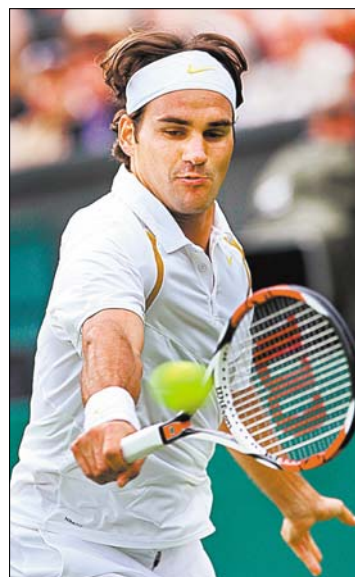
Other winners included third-seeded Andy Roddick and two-time champion Serena Williams, who said she has been receiving

treatment for a previously undisclosed hamstring problem.

It was Federer's 49th consecutive grass-court victory and 29th straight at Wimbledon, a streak dating to 2003. With six more victories over the next two weeks, he would become the first player to win five straight championships since Bjorn Bjorg in 1976-80.

"It was OK," Federer said. "I was pretty pleased with my performance. It was pretty solid. He played a decent match, so I had to come up with some decent shots once in a while."

The man Federer has beaten in two finals, third-seeded Andy Roddick, also got off to a strong start, beating fellow American Justin Gimelstob 6-1, 7-5, 7-6 (3)



Top-ranked Roger Federer won his 49th straight match on grass on Monday.

on Court 1. Roddick served 16 aces, broke three times and never lost serve. Gimelstob is 0-6 this year since returning from back surgery.

In women's play, top-seeded Justine Henin beat Argentine qualifier Jorgelina Cravero 6-3, 6-0 to start her chase for a first Wimbledon title to complete a career Grand Slam. Seventh-seeded Williams, down 5-4 in the first set, won eight straight games to defeat Lourdes Dominguez Lino of Spain 7-5, 6-0.

Williams, who was far from her best in the first set, said she has been bothered by a tight hamstring.

"It's doing OK. It's getting better, slowly but surely," she said. "I'm hoping and praying it will get better in time." STEPHEN WILSON (AP)

## Bumpy Road Leads to NBA Draft

USC guard Nick Young is now a top prospect after a rough childhood

BASKETBALL | By all rights, Nick Young wasn't supposed to be a college basketball star.

He flunked out of two high schools. His oldest brother died in a drive-by shooting.

Now, the USC player is set to be chosen in this week's NBA draft and earn millions of dollars.

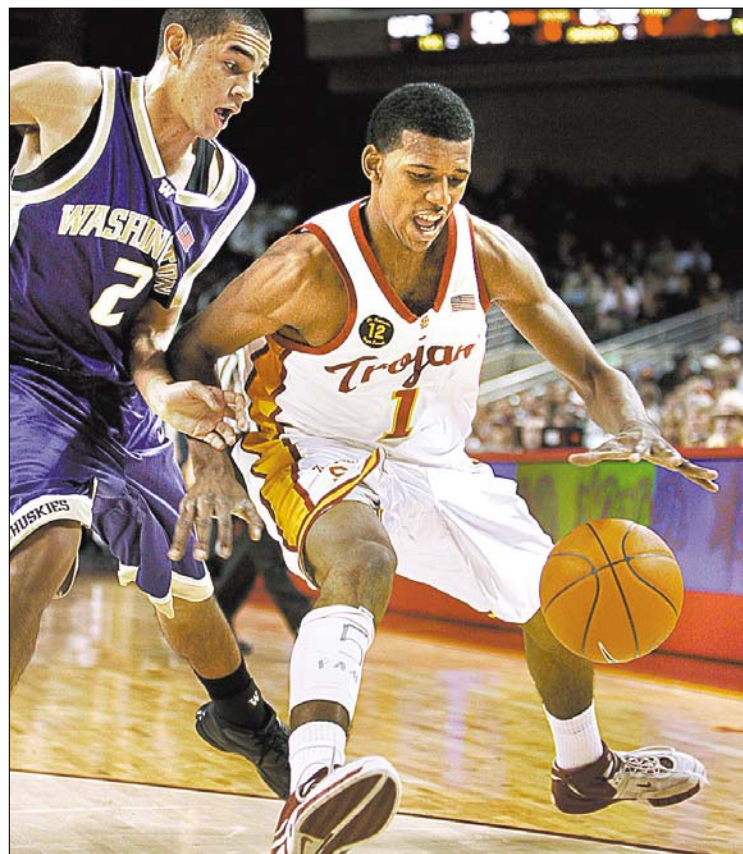
His struggle is portrayed in "Second Chance Season," a documentary that debuted last week at the Los Angeles Film Festival.

"Every now and then, a kind of special story picks me," said Daniel H. Forer, the director and co-producer. "It was an absolutely remarkable journey."

Forer discovered Young, one of the city's most heralded prep stars, in early 2003 while working on a cable pilot about basketball. Intrigued by his background, Forer followed Young's multiple appeals with the Los Angeles Unified School District to get back into high school.

"I'm not the smartest person, but sit down and work with me," Young says. "I know what to do."

The film follows Young's



Nick Young, right, averaged 17.5 points and 1.4 assists per game for USC last season.

attempts to score at least 800 on the SAT exam to earn a basketball scholarship to USC, a private school with hefty tuition.

On each of three tries, he gets

special tutoring and extra time on the test. The camera zooms in as he repeatedly opens the score results.

At home, the Young family's emotions careen between joy at

Nick's basketball prowess and anger about the killing. In 1991, when Nick was 5, Charles Jr. was killed in a park shooting witnessed by his pregnant fiancée.

"It's just right on," Charles Sr. said of the film. "It helped my son and my family get through some hard times. We've gotten used to the idea that my son is dead and isn't coming back. We have to push the kids we have now in their careers."

Especially Nick.

### Last-Second Shots

→ The Wizards looked at Georgia Tech forward Thaddeus Young among others on Monday and will work out the last group of potential draft picks Tuesday. | **Today, Sports**

**IN The Washington Post**

Young, who has yet to live away from home, having stayed with his family during his three seasons at USC, is projected as a top-20 pick in Thursday's NBA draft, with some experts considering him as the second-best shooting guard behind Corey Brewer of national champion Florida. First-round picks receive guaranteed contracts.

"I'm getting nervous," Nick said. "Everybody keeps saying it's a big draft and you don't know where you're going to end up. I'm so used to being an L.A. city guy and I could be out of there." BETH HARRIS (AP)



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## Sports



**OUT AT HOME:** Cristian Guzman was in the middle of his best season in D.C. before he tore a ligament in his thumb Sunday. He was batting .329 with 31 runs.

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# Guzman Will Miss Rest of the Year

Shortstop was at the top of his game when he tore thumb ligament

**NATIONALS** | Washington Nationals shortstop Cristian Guzman will miss the rest of the season following surgery Monday to repair a torn ligament in his left thumb.

Guzman sprained his left thumb in the fifth inning Sunday while tagging out Cleveland's Josh Barfield at second base on a steal attempt. He did not leave the game.

"He came in and right away he showed me his thumb," Nationals manager Manny Acta said Monday. "It didn't look right. I was going to take him out of the game; he refused. He said 'No! No! No! I can play. I'm fine.'"

Guzman, who hit .329 with 31 runs in 43 games, went on the disabled list Sunday and was operated

on by Dr. Richard Barth at Sibley Memorial Hospital in Washington.

After signing a \$16.8 million, four-year contract with the Nationals, Guzman batted just .219 in 2005 and frequently was booed. He missed 2006 because of a shoulder injury.

Guzman was sidelined for more than a month this season after straining his left hamstring on opening day. Acta said Guzman didn't want to give in to the latest injury.

"It's not right. His thumb can go all the way back," Acta said. "It's a freaky thing. [Surgery] was the right decision. The kid was torn emotionally. He was destroyed, basically. Because he had two rough seasons over here, and finally he's playing great and being a big part of this team. That was the first thing out of his mouth: 'I want to play through this.'" CHARLES ODUM (AP)

## Bears Release DT Tank Johnson

**NFL** | Tank Johnson was released Monday by the Chicago Bears, who are "embarrassed" by his legal troubles and say he "compromised the credibility" of the team.

Johnson was waived three days after he was pulled over by police and was arrested for "DUI Impaired

to the Slightest Degree" but was released without being booked or charged. He already had been suspended for the first eight games of the 2007 season for violating probation on a gun charge. He spent two months in jail and was released in May. RICK GANO (AP)



137

The number of interleague games the American League won this season. The National League won just 115, less than the AL for the fourth straight season. The games had an average attendance of 34,905 fans, a 15 percent increase from last year.

## Sports



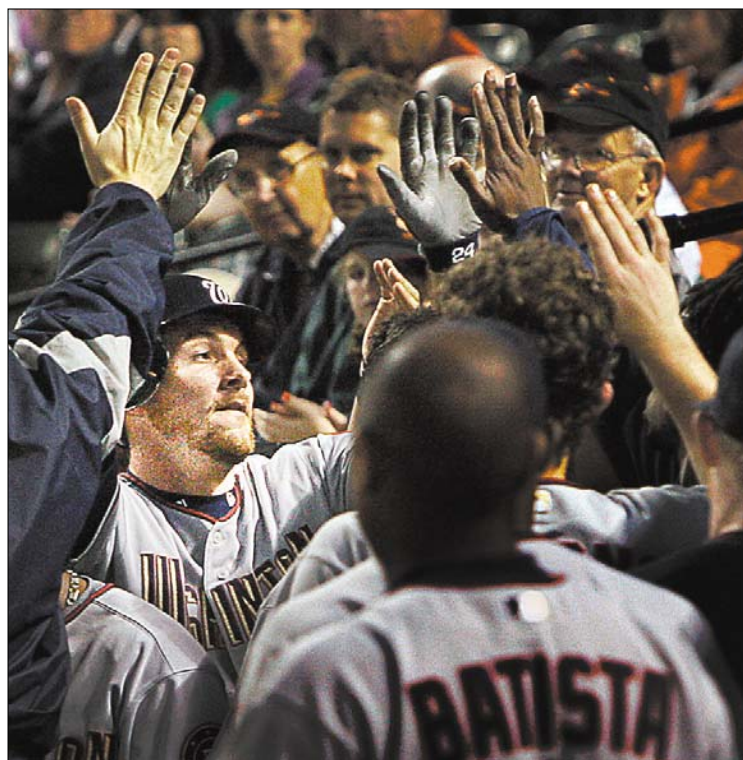
NATS OUTFIELDER RYAN LANGERHANS

**Q&A | Nationals outfielder Ryan Langerhans had the unique experience of being traded this season — twice. Langerhans was traded from the Atlanta Braves to the Oakland Athletics and then turned around and traded to the Nats just four days later for outfielder Chris Snelling. Since coming to Washington, he is hitting .238 with three home runs and 12 RBI.**

**What was it like coming from Atlanta to D.C. this season?**

It was a big challenge — I think more than anything because it was the first time I had been traded. I got drafted by Atlanta — came up through the organization. But I couldn't have asked for a better situation as far as the group of guys. They made me feel real welcome.

**One of the unique things about you is that you were traded twice this season. Have you put your jersey**



Ryan Langerhans said he likes to fish on off-days but hasn't found good spots in D.C.

**from the A's on eBay yet?**

(Laughing) No, fortunately I was able to get my jersey, and we kept it. It's at the house. It's pretty wild having a jersey that you only put on twice before you moved on to

## 2007 STATS

TEAM	AB	R	H	RBI	BB	SO	HR	AVG
NATS	80	16	19	12	16	31	3	.238
A's	4	0	0	0	1	2	0	.000
BRAVES	44	3	3	1	6	16	0	.068

another team.

**So, you have all your memorabilia from the A's then?**

Yeah, from my short tenure there I was able to get a couple of jerseys. All the guys were asking me if I hung onto my white spikes, but I left those.

**“All the guys were asking me if I hung onto my white spikes, but I left those.”**

RYAN LANGERHANS

**What was your favorite thing to do down in Atlanta?**

Probably go fishing. We had two or three pretty good spots. [Tim] Hudson owned a place, and then a couple of people just kind of let us go fishing on their places. Three or four of us would get together on off-days and relax and fish. It's probably my favorite thing to do.

**Have you been able to find stuff to do in D.C. yet, or are you still feeling out the city?**

I've found a few things to do, just pretty normal stuff. I've found a couple good movie theatres. I like catching movies on off-days and when we have evenings off. I haven't found any good fishing spots. I'm still looking.

**Have you tried the Chesapeake at all yet?**

No, I haven't had a chance. The last couple off days we were still unpacking and then kind of getting to know the immediate area, kind of helping my wife find some places to go and find her way around.

**What areas of the city have you explored so far?**

Arlington. My wife and I live over in Arlington, and we've been down to Alexandria some. We've been to a couple of the restaurants in the Georgetown area, but that's about it.

**You said you like seeing movies in your spare time. What was the last good movie you saw?**

We went and saw “Knocked Up.” That was pretty good; it was pretty funny. It was [my wife's] idea, and I wasn't sure if I was going to like it, but I ended up liking it. JEFF AMOROS

## TODAY'S TV LINEUP

**NATIONALS (7:30 P.M. ON MASN2)** Atlanta is tanking. Luckily for them, they get Mike Bacsik and the Nationals on Tuesday.

**ORIOLES (7 P.M. ON MASN)** Who would have guessed that in a pitching matchup

between the Yankees' Andy Pettitte and the Orioles' Jeremy Guthrie, the O's would be the potential all-star?

**TENNIS (8 A.M. ON ESPN2)** Wimbledon continues — as it will for two weeks.

## MLB STANDINGS

THROUGH JUNE 24'S GAMES

## AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME ROAD
Boston	48	26	.649	—	23-12 25-14
Toronto	37	37	.500	11.0	24-18 13-19
New York	36	37	.493	11.5	20-14 16-23
Tampa Bay	33	40	.452	14.5	19-20 14-20
Baltimore	32	43	.427	16.5	16-19 16-24

CENTRAL	W	L	PCT.	GB	HOME ROAD
Detroit	45	29	.608	—	18-14 27-15
Cleveland	43	31	.581	2.0	24-11 19-20
Minnesota	38	35	.521	6.5	20-18 18-17
Chicago	29	42	.408	14.5	15-21 14-21
Kansas City	30	46	.395	16.0	15-24 15-22

WEST	W	L	PCT.	GB	HOME ROAD
L.A. Angels	49	27	.645	—	29-10 20-17
Seattle	39	33	.542	8.0	21-15 18-18
Oakland	39	35	.527	9.0	21-18 18-17
Texas	30	45	.400	18.5	18-20 12-25

## NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME ROAD
N.Y. Mets	41	32	.562	—	21-18 20-14
Philadelphia	39	36	.520	3.0	19-17 20-19
Atlanta	38	38	.500	4.5	19-21 19-17
Florida	36	40	.474	6.5	15-21 21-19
Washington	32	43	.427	10.0	16-23 16-20

CENTRAL	W	L	PCT.	GB	HOME ROAD
Milwaukee	43	32	.573	—	27-13 16-19
Chicago	35	39	.473	7.5	15-20 20-19
St. Louis	33	39	.458	8.5	17-19 16-20
Houston	32	43	.427	11.0	17-18 15-25
Pittsburgh	31	44	.413	12.0	15-21 16-23
Cincinnati	29	47	.382	14.5	14-23 15-24

WEST	W	L	PCT.	GB	HOME ROAD
Arizona	44	32	.579	—	24-16 20-16
San Diego	42	32	.568	1.0	22-16 20-16
L.A. Dodgers	42	33	.560	1.5	22-14 20-19
Colorado	38	37	.507	5.5	21-18 17-19
San Fran.	32	42	.432	11.0	18-18 14-24

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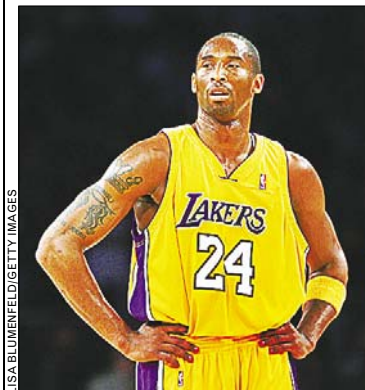


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## Sports



Kobe Bryant doesn't seem to know what he wants, but maybe KG will change that.

## Kobe to Bulls Is Unlikely

**Chicago GM says deal for Lakers' star would be tough to complete**

**NBA |** Although Kobe Bryant apparently would like to join the Bulls, Chicago general manager John Paxson sent a message to the Los Angeles Lakers' superstar on Monday: Don't count on it.

Paxson said he has had no discussions with the Lakers, and a deal would be difficult to complete.

"What we would have to give up — unless that franchise would ever have a change of heart and had to do something — I don't know how that would work," he said. "They've got one of the top, maybe the top, talents in the league."

Bryant has waffled this offseason, saying he wants to be dealt and then rescinding those comments.

The L.A. Times reported on Monday that the Lakers are talking with Minnesota about bringing Kevin Garnett to L.A. to complement Bryant, which could quell his concerns that the organization wasn't doing enough to be successful. (AP)

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### JOBS

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National Gallery of Art seeks staff assistant for online Web store. Drafts product sales text for merchandise featured on Web site, converts print publications into file formats, responds to customer inquiries, responsible for updating Web information to keep current with product availability, works with team to analyze sales and to develop opportunities to further Gallery's mission and to generate profits. Salary range \$30K to 48K, Federal employee benefits, paid Federal holidays. U.S. citizenship required. Specific application information & requirements at <http://jobsearch.usajobs.opm.gov/a9nga.asp>. Vacancy announcement # 07-52/Web Staff Assistant. **Open through July 13th.**

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### JOBS

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Qualified candidates should send a cover letter, resume & salary requirements to: HR/Em-  
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### JOBS

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## National Lutheran Home

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## Marketing

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## Property Management

## MAINTENANCE TECHS

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## Property Management

## MAINTENANCE

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## Property Management

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**Honda 2003 Odyssey—**EX, \$16300, Excellent condition, low mileage. Owner moved abroad. 410-730-1195

**Jeep 2004 Liberty—**\$11500 obo, excel cond Sport mdl, 47k mi, khaki/grey, A/C, 3.6L V6, all pwr, CD, auto trans, jameessunshine1@hotmail

**JEOP '02 Grand Cherokee—**Sport 4x4, fully loaded, runs/looks great, lthr int., 121K mi., \$7900/OBO. Must sell. 301-602-9375 or 301-464-9061

**JUNK VEHICLES REMOVED FREE**  
**CASH PAY FOR SOME** 202-714-9835

**Mercedes-Benz '03 CLK—**500 silver, clean, AMG wheels, oyster int, navi, 40k miles, serviced at dealer, sprt pckge \$28,995/OBO. 301-219-5233

**Mercedes-Benz 2001 S-Class—**\$21000, obo, excellent cond, 98k mi, nav, Silver ext, Black int, 4 dr, mem seats, 202-297-5132

**MERCEDES '94 S-500—**Pearl black, superb cond, 75K mi. \$11,900/obo. **301-230-2318**

**Nissan 2005 Pathfinder—**\$27,500 obo, low miles, on warranty, mint condition, White exterior, Nav/ DVD with wireless headset & remote, Bose 6CD changer, 3rd row flip seats, sunroof, tan leather interior , heated/power/memory seats, tow package. Please call 703-597-2070!

**PORSCHE '03 Boxster S —**26K, Arctic silv/blk, 18" wheels, Bose sound, htd seats, many extras, \$33-, 500/OBO. 703-926-1973

**PREVOST '02 XL2—**40 ft, with salon slide, immaculate, light interior, dinette, Select Comfort queen, Corian shower, htd ceramic flr, lots of storage, 20KW auto start generator, no smoke/no pets, very user friendly, 45,000 mi. \$399,500. For pictures/equipment list call Bob Montgomery 866-521-1116 or snowbird784@aol.com

**Saturn 1996 SL—**\$1995,



# LOOK out

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Milan men's shows bring the sober | 31



'Price' Search: Rosie won't fill Bob's shoes | 34

Pants Suit: Fisher on Monday's verdict | 32

## Hot Property

### A man-made island in Dubai is unlike any other place on Earth

Four years ago, there was nothing here but unbroken sea. Now, there's Andrew Dukes and his luxury mansion — sitting on a palm-shaped, man-made island called Palm Jumeirah.

"I got exactly what I paid for, and I'm very happy with it," said Dukes, 43, a tanned Englishman who just moved into his colossal home.

Dukes paid about \$1.36 million for his house just over a year ago, and it is now worth almost twice that. He spends his days discovering uses for the large expanse of water that starts a few yards from his back door.

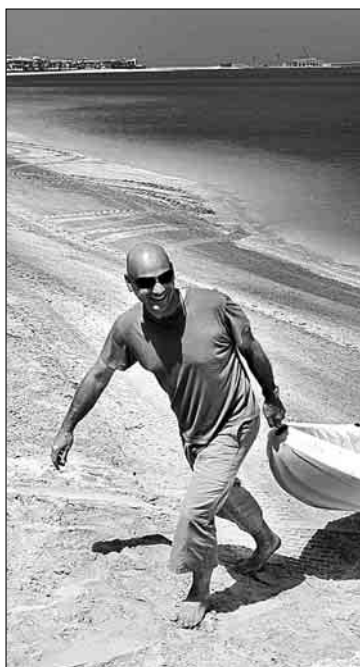
"I've been kayaking ... and I'm going to do windsurfing next," he said.

The first of Dubai's many ongoing mega-projects, Palm Jumeirah has literally changed the shape of the United Arab Emirates, re-contouring its coast with a new island mass that has completely altered sea currents and marred the once unbroken sea view from Dubai's natural beach.

The entire coastal development, led by Dubai government-owned Nakheel, includes three massive, palm-shaped islands along with a cluster of 300 islets built in the shape of a world map. All are built mostly of bright sand dredged up from the seabed.

Still under construction are the Palm Jumeirah's 32 hotels, a monorail, a water theme park and the Trump International Hotel and residence tower.

The developments are central to Dubai's property boom. Properties on Palm Jumeirah, the first to be opened, have skyrocketed in value after being sold and resold before



**BEACH BOUND:** Andrew Dukes, left, pulls his boat from the water on Palm Jumeirah island in Dubai, United Arab Emirates. Dukes paid \$1.36 million for his island home.



# Palm Paradise

even being built.

The luxurious islands are part of a government plan to attract tourists and lure foreign cash into the tax-free economy. Dubai's government has identified tourism and real estate developments as key sectors to break the emirate's dependence on high oil prices to buttress its economy.

Other nations in the region, including Qatar and Oman, as well as the Emirates capital, Abu Dhabi, are quickly borrowing from Dubai's model to develop similar, albeit less dramatic, plans.

The construction of Palm Jumeirah has already created a national asset worth as much as \$23 billion, said Nakheel chief executive Chris O'Donnell.

The developers say the first 4,000 condos and houses sold on

Palm Jumeirah went to citizens of the United Arab Emirates and other Persian Gulf countries. Britons accounted for about 25 percent of the buyers, with the rest from 75 different nationalities, including several Americans.

Buyers are a mix of speculators, long-term residents and people wanting a vacation home, developers said.

The project has not been without problems. A full year's delay resulted from the settling of the island's new land. Nakheel solved the problem by adding more sand and hiring a Dutch firm to compact it with vibrating machines.

Some residents have complained about delays in getting their houses. Others complain that Nakheel is squeezing extra profits out of the island by packing in far more

**“Every day, I'm getting one or two offers [for my home on the island], but I like to live here; it's beautiful.”**

DR. OSSAMA AL-BABBILI

houses than their sales brochures showed.

Nakheel puts the delays down to the massive engineering tasks they face in building an island like none before it.

"With Palm Jumeirah, which is unique in its nature, there are developments along the way, like the decision to vibro-compact the sand," O'Donnell said. "Most cus-

tomers are understanding of the delays."

Aggravation has been tempered by the massive increase in house prices since the properties hit the market. Houses have, at the least, tripled in value. And as long as property values continue to rise, owners seem willing to put up with the inconveniences.

"I paid about [\$760,000] three years ago; it's worth about [\$2.5 million] now," said Dr. Ossama al-Babbili, a Dubai-based pathologist. "Every day, I'm getting one or two offers, but I like to live here, it's beautiful."

O'Donnell points to the price increase as a sign of the venture's success.

"This is something people said couldn't be done," he said. "Well, it's been done." JAMES CALDERWOOD (AP)

# Best Behave Yourself

## Travel

### Strict security rules have made flying a perilous experience

In the past nine months, passengers have been kicked off airplanes or detained at airports for uncontrolled coughing, joking about hijacking, breastfeeding a baby, kissing and other amorous activities, cursing at flight attendants who denied them alcohol, failing to get a screaming child buckled in for takeoff, and carrying a sippy cup of water.

Whether you side with the passengers or with the workers who disciplined them, one thing is for sure: It doesn't take much in the post-Sept. 11 era to get in trouble on airplanes for behavior that might not be a big deal at a ballpark, beach or mall.

Here are five tips for getting to your destination this summer without getting scolded, grilled, detained or escorted off a plane.

## “Any behavior

or comments that could be construed as a threat would merit some kind of security response.”

CHRISTOPHER WHITE, TSA SPOKESMAN

→ **BE DISCREET.** “The No. 1 tip is the ‘I wasn’t raised in a barn’ tip. Whatever you wouldn’t do in a church, don’t do on a plane,” said Peter Shankman, founder of AirTroductions.com, a social-networking site for air travelers.

Federal rules say that “no one may interfere, intimidate or threaten a crew member,” said Federal Aviation Administration spokeswoman Alison Duquette.

That means air crews have a lot of discretion in deciding what constitutes disruptive behavior.

→ **PREPARE IF YOU’RE TRAVELING WITH SMALL CHILDREN.** Tell them what



Passengers line up for security screening at Seattle-Tacoma International Airport.

to expect on board. Use their car seat on the plane so they’re not upset by unfamiliar restraints. “Bring along games and coloring or connect-the-dots books,” said Joyce Gioia, who writes the

Herman Trend Alert, a business newsletter.

→ **CONTROL SYMPTOMS FOR COUGHS, COLDS AND OTHER ILLNESSES.** “Keep your germs to yourself,” said Gioia.

“If you have any kind of an illness, cover your mouth when you cough, and turn away to sneeze or blow your nose.”

David Castelveter, spokesman for the Air Transport Association, said most carriers maintain links with medical consultants to help evaluate sick passengers.

→ **DON’T MAKE JOKES ABOUT TERRORISM.** “Jokes and/or comments about threats to passengers or the aircraft will be taken seriously,” the TSA’s “Summer Travel Tips” brochure states.

“It’s important that people not make those inappropriate remarks,” said TSA spokesman Christopher White. “Any behavior, actions or comments that could be construed as a threat to the aircraft or other passengers would merit some kind of security response.”

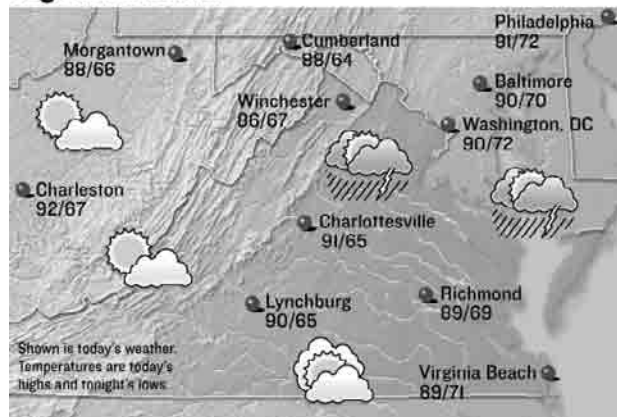
→ **KNOW THE RULES AND PLAN AHEAD.** At Tsa.gov., you’ll find detailed information about what is and isn’t permitted in your carry-on bag.

“When you go through security, treat it like you’ve been pulled over for speeding,” advised Brett Snyder, who writes an online column about air travel at CrankyFlier.com. “Be polite, answer any reasonable questions, and just keep thinking about being done with it so you can move on with your life.”

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Afternoon thunderstorm	Partly cloudy, humid	Some sun, afternoon thunderstorm	An afternoon thunderstorm possible	Mostly cloudy, cooler, thunderstorm	Mostly sunny
90°	72°	91° / 74°	90° / 70°	80° / 66°	82° / 64°

### Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

### Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	87°
Low	73°
Normal high	86°
Normal low	67°
Average humidity	64%

### Precipitation

24 hours ending 4 p.m.	Trace
Month to date	1.34"
Normal month to date	2.59"
Year to date	15.13"
Last year to date	19.77"
Normal year to date	18.62"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

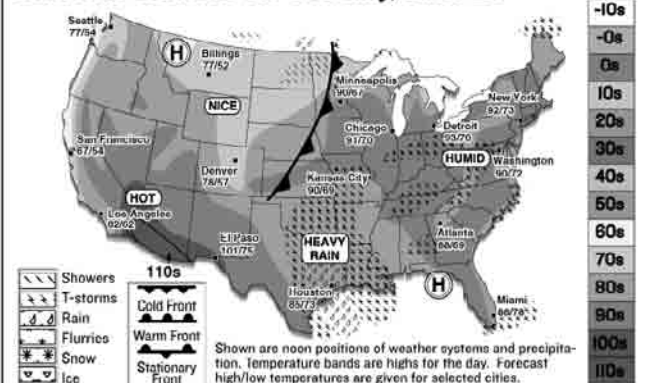
**D.C. Metro:** Today, partly sunny, afternoon thunderstorm. High 90. Wind south 6-12 mph. Tonight, partly cloudy. Low 72. Wind south 4-8 mph.

### Sun and Moon

Sunrise today	5:44 a.m.
Sunset tonight	8:37 p.m.
Moonrise today	5:25 p.m.
Moonset today	2:25 a.m.

Full	Last	New	First
June 30	July 7	July 14	July 22

### National Weather for Tuesday, June 26



### National Cities

City	Today	Wed.
Atlanta	88/69/pc	87/71/pc
Boston	94/70/pc	92/68/pc
Chicago	91/70/pc	88/64/t
Dallas	86/72/t	85/72/t
Denver	78/57/pc	80/57/t
Honolulu	88/76/pc	88/76/s
Los Angeles	82/62/pc	80/62/pc
Miami	88/78/t	88/77/t
New York City	92/73/pc	90/74/t
Orlando	90/74/t	90/73/t
Seattle	77/54/s	72/54/pc

### World Cities

City	Today	Wed.
Amsterdam	63/54/r	63/52/pc
Athens	102/82/s	104/81/s
Berlin	63/41/r	61/46/r
Buenos Aires	55/48/pc	59/52/s
Calgary	67/47/pc	74/49/pc
Dublin	57/46/c	59/46/pc
Geneva	65/50/c	61/45/c
Moscow	76/57/pc	79/53/t
Rome	81/59/pc	79/57/s
Sydney	60/48/r	60/53/sh
Tokyo	76/68/c	82/68/pc

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.



# Styles | LOOK\* out



ANTONIO CALANNI; LUCA BRUNO/AP

**THE BOYS OF SUMMER:** From left to right: Dolce and Gabbana goes military; Ferre relies on white; Versace takes summer seriously. Missoni, below, goes nautical.

# Solemn Summer

## It's beachwear and beyond on Milan's menswear runways

Judging by the collections debuting over the weekend during men's fashion week, the summer 2008 look is short of beachwear and long on formal attire, with a dash of the militaristic.

Setting the cerebral tone Saturday evening was Versace. Most of the collection was formal, with evening wear in gorgeous lightweight wool and fabrics treated with silk protein to give them a sheen. Jackets had a single button, and houndstooth sweaters had a deep V that closed with a single button.

Dolce&Gabbana's spring-summer collection features army pants with a plethora of pockets, shirts

and trousers with updated squared camouflage patterns, all set off by scarves wrapped around the neck to protect against those sudden sandstorms, canvas belts and bags with heavy-duty hooks and clasps.

For a little R&R, Dolce & Gabbana presented Bermuda shorts in bright red florals put together with black floral tops and tight swim trunks.

Burberry also took a cue from the military but the tone was more Sgt. Pepper's than Desert Storm. The collection was a mix of glam and pop, loud by any measure with brightly colored tops in yellow, turquoise and greens, and

topped off with a series of military-inspired jackets, tops and a sweater — all in gold.

For the most refreshing view of summer, take a dip in the Missoni pool. The collection, rife with Bermudas and sporty windbreakers, was done in a nautical theme with deep blues and turquoise set off by coral and yellow.

On Sunday, a teary-eyed fashion crowd gave a standing ovation to pay tribute to the late designer Gianfranco Ferre at the presentation of his collection. The show was held exactly a week after the 62-year-old designer died of a brain hemorrhage.

Ferre was able to finish the collection and work out the details of the show, including the all-Italian sound track, before he became ill.

The collection draws its inspiration from the sea, from color scheme to fabrics shimmering like sun's reflection on water.

COLLEEN BARRY (AP)



## Men



## Missing the Mark

Now the boys can get in on the fun of Philosophy's scents. Its new cologne, **AMEN** (\$35, amazon.com), has the typical quasi-insane ramblings on the package, but inside is a very nice scent. For women. It's light, but that's not what makes it girly: The absence of anything darker-smelling than soap means that our noses tell us this is a female fragrance, clean and spicy without being overtly sexy. Really, this is a good cologne marred by bad marketing. KRISTEN PAGE-KIRBY (EXPRESS)

## Accessories



## Tie One on, Kids!

While some devoted **HARRY POTTER** fans may be perfectly willing to dress up in robes and pointy hats to flock to movie theaters for the premiere of "Harry Potter and the Order of the Phoenix," the majority of us keep our secret wizard love in check. But for those who want a bit of Potterpizzazz, Sassy Tails has launched a line of Harry Potter-themed ponytail holders, ribbons, head scarves and headbands (\$7.95 to \$14.95, sassytails.com). Orders placed before July 2 will arrive in time for opening day. It's magic, you know? ROXANA HADADI (EXPRESS)

MILAN  
Runway  
REPORT



readexpress.com

site specifics

MUSIC

Speed of Life

Sarah Shannon used to sing over a fuzzy wall of guitars in her old band, Velocity Girl. But now as a solo artist, wife and mother, Shannon is singing a new song. Express contributor Katherine Silkaitis talked to Shannon before her Tuesday concert at the Black Cat. | ONLINE NOW



EYE OPENERS  
Feathered Friends

Pitt bulls have a reputation for being a little ... volatile. Just a bit too quick to bound off after unsuspecting smaller creatures. But not this pooch, who's nuzzling with a bunch of birds like a big ol' softie. Want to see the video? Go to the bottom right corner of our homepage. | ONLINE NOW

ENTERTAINMENT

The Angst in Gangster

Director Johnnie To is well-versed in the black arts of Hong Kong thrillers, and his expertise is on display in his new movie, "Triad Election." It's playing alongside its 2005 predecessor, "Election," at the AFI Theater in Silver Spring. Express' Arion Berger examines the two films' visual heft. | ONLINE NOW



comment board

“Metro does not have a revenue problem. [It is] the most expensive public transportation service in the country. Metro has a spending problem. Until that problem is addressed, we should not even consider a fare hike.”

AN ANONYMOUS COMMENTER, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD METRO RAISE FARES TO SOLVE ITS BUDGET WOES?"

“Fare hikes should be an absolute last resort. If Metro utilized all of its open space for advertising, this wouldn't even be an issue. What happened to the projected \$8 million surplus from the last time they raised fares?”

COMMENTER CHRISTINA, WHO ADDED, "I WOULDN'T MIND AN INCREASE IF IT WOULD MEAN MORE RELIABLE SERVICE."

poll center

TODAY'S QUESTION

Do schools have too much power to limit students' speech?

- 1. Yes
- 2. No

YESTERDAY'S RESULTS

Should Metro raise fares to solve its budget woes?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.



SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog  
LOG

“There. ... I said it without crying, tears or more than the teensiest lump in my throat. I have a lump in my breast. It's 2 cm across, and that's scary.”

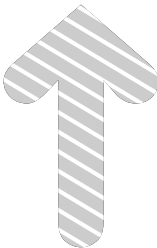
TODDLERPLANET.WORDPRESS.COM IS FACING THE PROSPECT OF A SCARY DIAGNOSIS AND ASKS HER READERS WHO HAVE LIVED THROUGH BREAST CANCER WHAT GIVES THEM INSPIRATION.



RICHARD A. LIPSKIT/TP

“Virginians will not care, since this happens to ‘law-breakers,’ and we will be too stupid to see this as a tax.”

FITNESSFORTHEOCCASION.WORDPRESS.COM, ON VIRGINIA'S NEW "CIVIL REMEDIAL FEES," WHICH WILL REQUIRE RECKLESS DRIVERS TO PAY STIFF STATE PENALTIES ON TOP OF NORMAL TRAFFIC FINES.



“AFTER TAKING a wrong turn and ending up in the wrong state, most people will approach the interchange more gingerly the second time around.”

BACONSREBELLION.BLOGSPOT.COM THINKS CONFUSION SURROUNDING THE UNTANGLED MIXING BOWL INTERCHANGE WILL EASE OVER TIME.

“HIS DEDICATION to using the executive branch ... to create a roving extra-legal wing of government, able to detain individuals indefinitely and torture them is well documented. But I didn't know he essentially spied on and intercepted White House staff to prevent the president [from] getting alternative views.”

ANDREWSULLIVAN.THEATLANTIC.COM DISCUSSES THE WASHINGTON POST'S SERIES ON VICE PRESIDENT DICK CHENEY.

“ON ONE HAND, I want to save money. On the other hand, think of all the sex I'll get from women impressed with my new iPhone.”

SOURNSWEET.COM DEBATES WHETHER TO PURCHASE APPLE'S TALKED-UP GIZMO.

Discussions

Marc Fisher

Post Metro columnist MARC FISHER was online Monday and talked about the verdict in the lawsuit filed against a dry cleaner by a D.C. administrative law judge for a pair of lost pants.

The article mentioned that Judge Roy Pearson's job and finances could be in jeopardy as a result of his court loss. How so? Pearson's two-year term as a beginning administrative law judge ended at the end of April, and Mayor Adrian Fenty asked the panel considering Pearson's

appointment to a full, 10-year term to hold off on any decision until the mayor had a chance to fill a vacancy on that board. Fenty has not yet done that but is expected to shortly. The delay was intended in good part to let this trial finish and perhaps give the board a better reason to deny Pearson his full term as a judge.

Any chance of Pearson being kicked off the bench and never being able to serve as a judge after this? What about being disbarred? No move that we've heard of toward disbarment. More timely, however, is the question of whether he gets reappointed to his job as a judge, and that is very much in question.

To me, it seems obvious that this lawsuit blows away any possibility that Pearson could be seen as having the judicial temperament to do his job properly.

How soon until the dry cleaner owners receive some money from Pearson for all the pain and costs that he put them through?

Don't hold your breath. The judge awarded the Chungs only court costs, not attorney's fees. Judge Judith Bartnoff said she will rule on lawyer's fees at a later date.

TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac talks about the latest on the music scene at 2 p.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).

DON'T

TRY TO GO FISHING WITHOUT A LICENSE. Maryland, Virginia and the District of Columbia all require any person over 16 years of age to possess a permit before being able to lawfully fish. Although not a new law, many are unaware of the regulations.







# LOOK out

## People

### CAREERS

#### Note to Self: Rent 'Crossroads' Immediately

**CHRISTINA AGUILERA** says she's reading scripts in search of the right role to launch an acting career. "I am looking forward to moving into another form of what I feel is another creative outlet for me, and that would be acting," she told reporters. "It is something that, when I attempt to do it, I want to do it right, so it's important for me that I do choose the right first role for myself," said Aguilera. (AP)



CHINA PHOTOS/GETTY IMAGES

"Crossroads" wouldn't have tanked if Britney had shown this much cleavage.



ELISABETTA VILLA/GETTY IMAGES

### OFFENSIVE

#### 'Unfortunately, I Also Had It Tattooed on My Back'

**CAMERON DIAZ** apologized for carrying a bag with a Maoist slogan that evoked painful memories in Peru. "I sincerely apologize to anyone I may have inadvertently offended. I did not realize the potentially hurtful nature of the slogan," she said. (AP)

What they don't know: Maoist policies were her academic focus at Princeton!



JAC CHONG/AP

### WHAT OBVIOUSLY HAPPENED

## They Told Her No

**ROSIE O'DONNELL** says she's out of the running to replace Bob Barker on "The Price Is Right." "Here's the thing: I don't really need a job," O'Donnell said Sunday on her Web site. "I'm in a weird position. I don't need the money. ... If they were able to do it in New York [where she lives], it would be a different story." (AP)



SETH WENIG/AP

"Picky": a career-killing adjective.

### THIN-SKINNED

#### And We're Calling You 'Oversensitive'

**VICTORIA BECKHAM** accepted undisclosed damages Monday from a British celebrity magazine that claimed the crew of her U.S. TV show considered her "picky, demanding and rude." The former Spice Girl sued Star magazine over an April article that claimed staff working on the NBC show had also described her as "full of herself and not very nice." (AP)

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**\$14,995** Reg. \$16,750 MSRP  
i Touring, Sunlight Silver #F074143  
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**\$26,995** Reg. \$30,070 MSRP  
Sport, Galaxy Gray Mica #F074615  
Tax, tags, freight & proc. fee additional

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# LOOK out

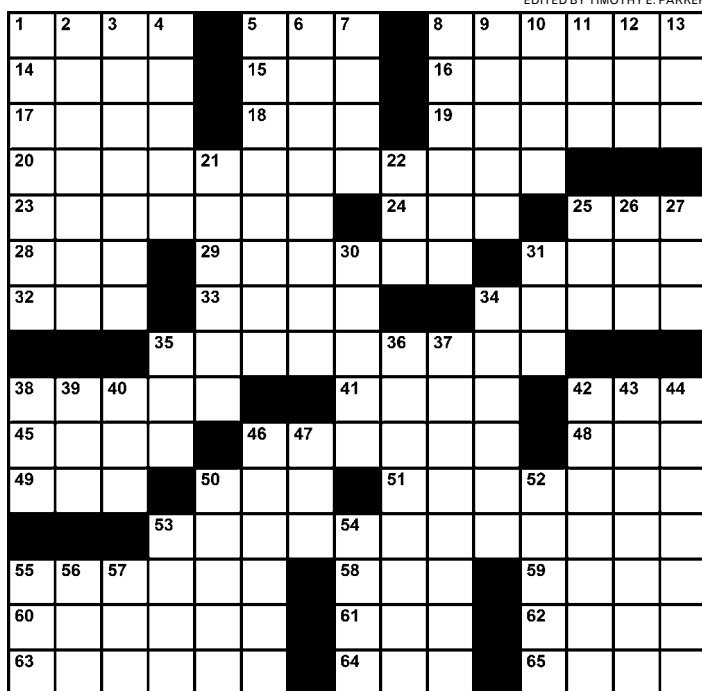
## CROSSWORD | SISTERS

### ACROSS

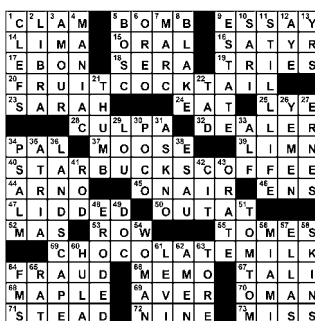
1 Jane Austen heroine  
5 Subway Series player  
8 IHOP offering  
14 Extinct birds of New Zealand  
15 Gardner of Tinseltown  
16 Domiciles  
17 Shipboard bed  
18 Piece of Walt Disney art  
19 Practice site for the Partridge family  
20 Mel Brooks' spouse  
23 "Maggie May" singer Rod  
24 It does a bang-up job?  
25 Fizzled firecracker  
28 "To \_\_\_\_, With Love" (1967)  
29 Monopoly purchases  
31 Words of approximation  
32 "By all means!"  
33 Med. school subj.  
34 In regard to  
35 Big name in etiquette  
38 Country estate  
41 Sonny boys  
42 Business equip. co.  
45 Twistable cookie  
46 Beehive or afro  
48 "Cakes and \_\_\_\_" (Maugham novel)  
49 Candle material  
50 Booking agent?  
51 Made filthy  
53 "Diff'rent Strokes" actress  
55 One of Santa's

### DOWN

18 reindeer  
58 Singer/songwriter DiFranco  
59 PBS science program  
60 Virgil's hero  
61 Society page word  
62 The fourth person  
63 Literary family of this puzzle's theme  
64 Kildare and Quinn, e.g.  
65 "Gorillas in the \_\_\_\_"  
1 Diplomat's building  
2 Dudley Do-Right was one  
3 Things you should mind  
4 Twisted to one side  
5 What Yankee Doodle called the feather  
6 Happening someday  
7 After-bath powder  
8 Chuck and station  
9 Rearward, at sea  
10 Setting for "F Troop"  
11 Pharmaceuticals watchdog agcy.  
12 Lamb serving  
13 Linguistic suffix  
21 Freeport's "Grand" island  
22 AAA info.  
25 Eminem's mentor  
26 J.F.K.'s service branch  
27 Part of an e-mail address  
30 Phonograph needles  
31 Toronto prov.  
34 Arrange by categories  
35 "Don't Bring Me Down" grp.  
36 Governor, at times  
37 Curiosities  
38 Promise  
39 Gershwin or Levin  
40 Superman's foe  
Luthor  
42 Kenya capital  
43 Splits  
44 Passed out the cards again  
46 Surprise head of "The Godfather"?  
47 Spring mo.  
50 Ignore the rules  
52 Coffee break time, perhaps  
53 "Big Brother" host Julie  
54 Touch down  
55 Light touch, as with a paintbrush  
56 \_\_\_\_ Lingus  
57 "Cone" or "Cat" intro



### Yesterday's Solution



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

4	6	8	9	3	5	7	2	1
2	3	1	8	6	7	4	9	5
5	7	9	4	1	2	6	8	3
7	4	5	2	8	9	3	1	6
9	2	6	3	4	1	5	7	8
1	8	3	7	5	6	2	4	9
8	9	2	5	7	3	1	6	4
3	1	4	6	2	8	9	5	7
6	5	7	1	9	4	8	3	2

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		6	5	1				
				4		2		5
1		2		7				8
	4	9			3			
6								3
			7			1	4	
9				5		8		6
5		3		8				
			9		4	5		

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WEAVER, DARONA WILLIAMS, CLINTON YATES | WEB EDITOR—MICHAEL GRASS | EDITORIAL DESIGN—SCOTT ROSENBERG | COPY CHIEF—AIMEE GOODWIN  
PRODUCTION COORDINATOR—MATTHEW LIDDI | PHOTO EDITOR—MARCIA HARDER | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831  
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# Better Bikini Bottoms

Say sayonara to cellulite and get a behind you can't wait to bare | **E5**





# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Breaking Up With Blatant Objectification

**Q** I'm wondering whether I could benefit from therapy. I am 26. When I look at the men I've dated, virtually all have placed enormous value on my appearance. I admit I enjoy being considered sexy and attractive. But my physical relationships have always seemed more substantial than any kind of emotional connection. I was with the last guy for three months, and the week before we broke up he forgot I'm allergic to peanuts. Is this a pattern I could escape? — TIRED

Certainly — by making them carry your EpiPen!

Seriously, you sound like you could get a lot out of talking to



someone. You have insight into a pattern, and you'd like it to change — those two factors alone are worth their weight in couch-time gold. A

good therapist could help you figure out why you seek out these guys, what it is that they reinforce in your beliefs about yourself, and how that

all connects to who you've been and who you want to become. Most likely, there's some part of feeling valued in a physical way that packs an emotional punch for you — due to something in the way your life has played out — and that keeps you going back for more, despite the lack of end-of-the-day satisfaction.

**Q** My girlfriend and I have been talking marriage for quite a while. Lately, she's been pushing more and more, and instead of getting closer to marriage, I feel myself getting farther away. I've considered suggesting we take a break, but I know that would mean the end. But I don't like the direction we're going, and I'm tired of feeling pressure. Is this just a classic reason for a breakup or what? I really don't want to lose a good thing. — TRAPPED

What do you mean by a good thing, exactly? Your potential with her?

Her warm body? The ability to be the one who's the pursued, rather than the pursuer?

Your relationship, as it is now, is (with apologies to Martha Stewart) not a good thing. Feeling pressured is an inherently uncomfortable place to be. Ideally, as a relationship progresses, it should feel more comfortable and sustaining, not less. When someone is settling for unease because of fear, it's a sign they're not valuing their needs as much as they should be.

So, no, this doesn't have to be a breakup. But it does have to be a reality check. You have to open the lines of communication and reexamine your goals as a couple to see whether this impasse is a steel wall or just a piece of aluminum foil. If a reassessment and break would be the end, it makes me wonder why you seem to be the only one willing to bend in this relationship.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

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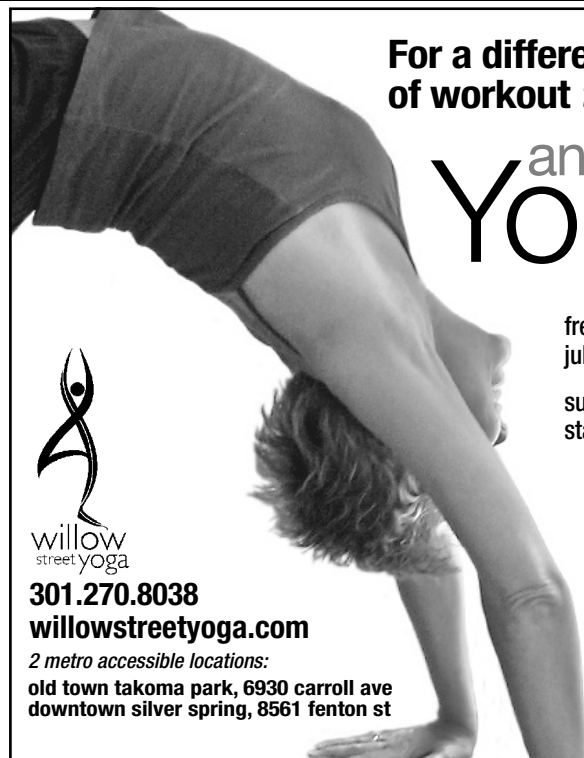


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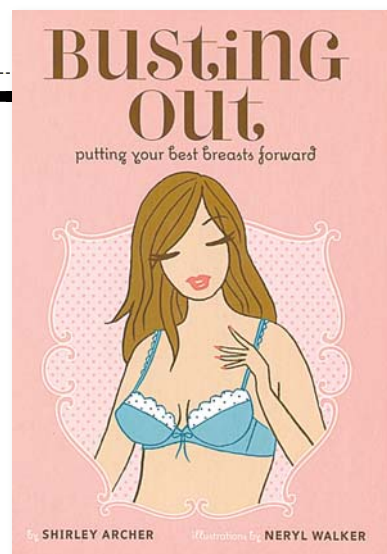
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## A Hit for the Pit

**CROW'S-FEET AND LAUGH LINES** we're aware of. But are women truly concerned about their armpits looking old? If these tank top-donning older ladies are out there, certainly they'll snap up Dove Pro-Age Anti-Perspirant/Deodorant (\$3, drugstores). Two extra moisturizers make sure skin never totally dries out, while the aluminum still fights stinky sweat. It's an impressive feat—one that might even inspire younger gals to pick up a stick. We're just waiting for the new plastic surgery craze: the armpit lift.



## Bosoms by the Book

**ONLY IMPLANTS** can actually pump up the size of one's bust, but with the right moves for the arms, back and chest, one's rack can look extra spectacular. That's the premise of "Busting Out: Putting Your Best Breasts Forward" (\$10, Chronicle) by Shirley Archer. With names like "decline chest push-up for perky pumpkins," it doesn't read like a typical exercise text, but the moves are pretty classic—plank pose, bicep curls, etc. And who cares about cup size when you look so fab in that halter top?

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## Airborne Division

**PLOP A TABLET** of Airborne Seasonal (get a sample at [freeairborneseasonal.com](http://freeairborneseasonal.com)) into water and let it fizz into the color of a yellowish swamp, then guzzle. This new kind doesn't fight off sickness; the herbal blend is meant to keep allergies in check. We're skeptical that it works, but the citrus-y liquid soothed a tester's sore throat.



## Steam Is So Hot

**DEEP FRYERS WEEP** hot drips of oil at the notion of Ziploc's new Zip'nSteam bags (\$16 for 30, [ziploc.com](http://ziploc.com)). They make healthy eating a cinch by instructing kitchen dunces on how to steam veggies and meat. Cooking times are printed on the bags, and more adventurous chefs can sample included recipes.

PRODUCTS

## GuineaPig



## Drop the 'Pro'

Like "Zoloft" and "Acura," the name "Progno" means nothing but sounds like it should. No doubt the marketing department worked hard on that. The actual designers? Not so much. The Progno Training Companion (\$400 without heart rate monitor, \$500 with, [progno.com](http://progno.com)) downloads workouts—most cost \$10 to \$20—tracks your progress and, though we didn't succeed in setting this up, measures your heart rate. Grainy images and terse instructions guide users through the motions.

From a tech perspective, the gadget is underwhelming. It runs only on a PC, using Microsoft's built-in ActiveSync to transfer files and data. (This is how many PDAs communicate with Windows; it's nice that Progno requires no proprietary software.) But anyone used to the slick interfaces on hotter gizmos will be horrified by Progno's primitivity. It's like comparing a coelacanth with a trout.

HOLLY J. MORRIS (EXPRESS)



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# No Ifs, Ands or Butts

Stop the excuses to banish cellulite from your behind forever

**A little jiggle up top only makes a bikini look better. When that something extra is down below, though, most bathing beauties refuse to unwrap their beach towels. But there's no need to let cottage-cheese thighs suck the fun out of summer — just get your rear in gear for a tush worthy of the skimpiest suit.**

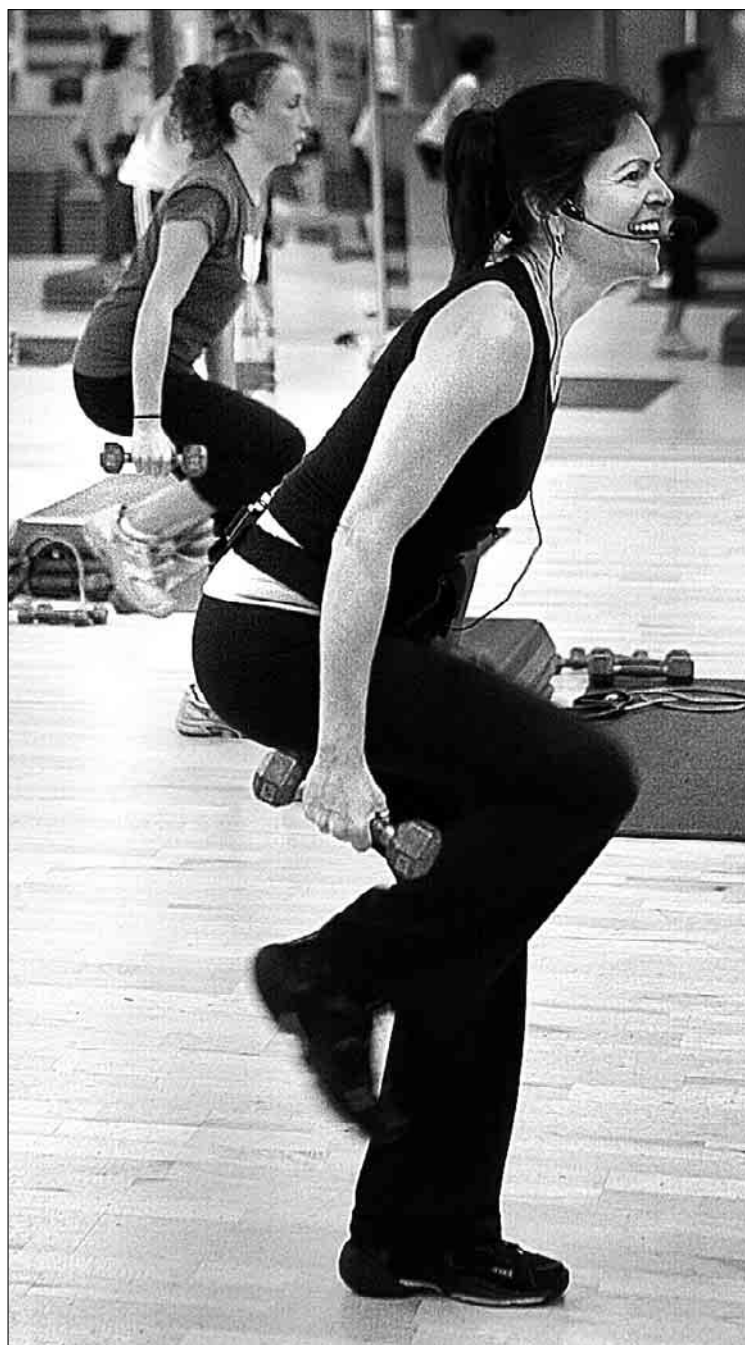
“You want dimples here,” says Kathie Branitsky, group exercise director at the Washington Sports Club in Chevy Chase, while pointing at the sides of her mouth. “Not here,” she adds, gesturing to her lower set of cheeks. Last week, she introduced club members to the “Butt Blaster Workout,” a new class being tested at the Chevy Chase and Dupont Circle WSC locations.

The idea, she says, is to give students a total body workout with a focus on toning areas where ladies carry cellulite. “Not that there's any way to spot-reduce,” she quickly adds.

**“My body is about to shift. I want to beat the curve — literally.”**

So, this isn't for women who just want to do a few leg lifts and call it a day. Branitsky takes an aggressive approach to burn as many calories as possible with cardio and strength training. Students who stick with it, she says, will slim down all over, including the never-ending problem area of the upper thighs and caboose.

Perky, Minnesotan-accented Chris Freytag takes a similar tack in “Fight Cellulite Fast!,” a new DVD from Prevention (\$15). A bonus segment explains what exactly the lumpy areas are all about (it's the same as other fat, but more visible), why women get cellulite more than men (thinner layers of skin allow



Instructor Kathie Branitsky knows you have to use your whole body in order to really blast off some of that butt. Here, she works the arms and the legs together.

every bump to pop, and gals have a tendency to gather fat in certain problem areas) and which methods of removal will actually work long term (we don't want to spoil it for you, but here's a hint: exercise and diet, not creams and lasers).

Although Freytag keeps putting cellulite on notice with her encouraging words to viewers, the workout is really suitable for anyone

looking for a cardio routine spiked with high-intensity intervals and a stronger lower body. The strength training section offers up riffs on the traditional squat (the curtsy, the pli  ) and uses hip bridges to attack more muscles.

That's pretty close to what Branitsky led her students through during that debut class — squats (in oh so many more painful variations),

lunges and speed skater-esque leaps from side to side, plus dumbbell-wielding upper-body moves. (Don't forget that dimpled flesh can appear on meaty arms, too.)

One move that elicited groans from the Chevy Chase crowd: Lay down on a step bench with a resistance band under it, place each foot into one of the handles, stick your legs together straight into the air and grab dumbbells with each hand. Then, do

## BUTTS BEWARE

→ The “Butt Blaster Workout” will be offered at 12:15 p.m. this Thursday and July 5 at the Washington Sports Clubs Chevy Chase location (5345 Wisconsin Ave. NW; 202-966-5051; mysportsclubs.com). It's free for members, and non-members can get a day pass to the club for \$25. Call the Dupont Circle location (1835 Connecticut Ave. NW; 202-332-0100) for information about when the class will be offered there.

→ Beyond exercise: “Fight Cellulite Fast!” offers another tip for cellulite reduction: sunscreen. Slather it on to keep your skin thick, which hides cellulite.

chest presses while spreading legs into a center split and closing them again. “My goal is to have you thinking, ‘How am I going to walk tomorrow?’” Branitsky explains.

She achieved that with Adriana Murphy, 28, who was already sore by the end of the 45-minute session, and determined to return. “I'm at the age range just at the time when my body is about to make that shift. I want to beat that curve — literally,” she says. “Anything I can do to prep my body, I want to do.” Her future bathing suits are probably going to thank her.

But it's not all about looking one's bikini best. Jeannie Duvel, 55, explains: “I'm not as concerned with looks. It's more about overall health.” Saying so long to cellulite just happens to be a positive side effect. VICKY HALLETT (EXPRESS)

THE EXPERTS

## TheMisfits

### Meal Plan

**Q** I am a marathon runner and can't seem to consume more calories than I burn. I am a size 0 and am worried that I am getting too thin. I do feel great and my doctor isn't worried about it. —Sharon

Let me guess your other problems: You can't figure out how to spend your millions and you have too many channels on your TV. But, seriously, if your doctor has given you a gold star and you're feeling groovy, you probably don't have to sweat this. As long as you're menstruating regularly and not consciously cutting calories, you can feel free just to annoy the heck out of your friends.

But if you're desperate to fill out that size 2, here are some ideas. Monique Ryan, a Chicago-based nutritionist and the author of “Sports Nutrition for Endurance Athletes” recommends matching your food intake to your training schedule. If you're planning an extra-long run or a grueling speed day, dump a double serving on your plate the night before. After you finish, chug a protein shake or a glass of chocolate milk. Then, enjoy a full meal within 2 1/2 hours. The Post's diet diva, Sally Squires, throws her weight behind snacking — nuts are a good choice. You can also up your calorie intake by flouting the usual rules and opt for larger portions of protein (like a thicker slab of salmon), adding extra drizzles of olive oil and filling your glass with 100 percent fruit juice. Because liquid is less filling, you can sneak more calories into your body if you drink them. For more guidance, try “Nancy Clark's Sports Nutrition Guidebook.”

**Vicky Hallett is one of the MisFits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on Page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The MisFits at fitness@washpost.com.**

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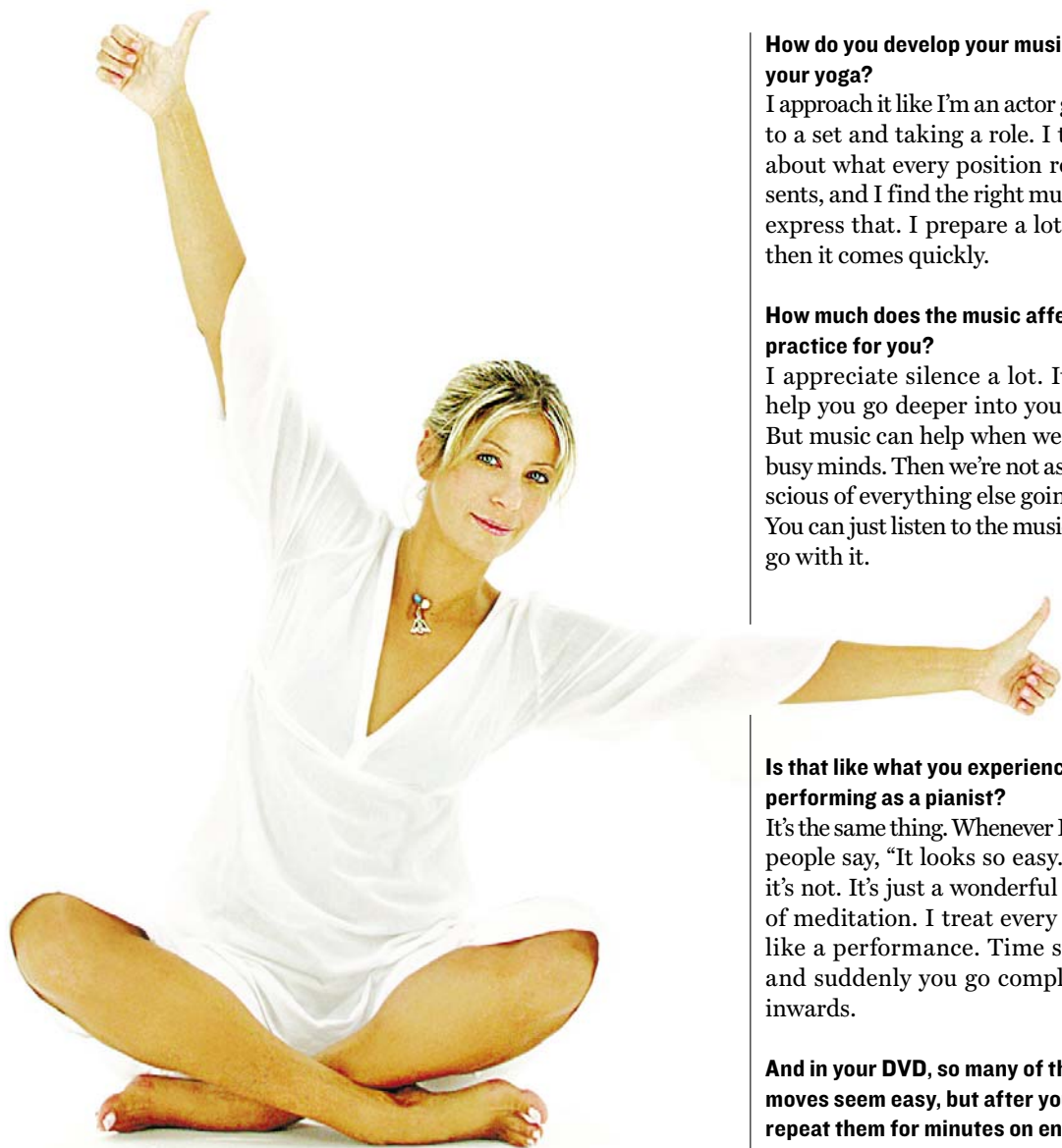
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## fit | Phys Ed



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I approach it like I'm an actor going to a set and taking a role. I think about what every position represents, and I find the right music to express that. I prepare a lot, and then it comes quickly.

### How much does the music affect a practice for you?

I appreciate silence a lot. It can help you go deeper into yourself. But music can help when we have busy minds. Then we're not as conscious of everything else going on. You can just listen to the music and go with it.

### Is that like what you experience performing as a pianist?

It's the same thing. Whenever I play, people say, "It looks so easy." But it's not. It's just a wonderful form of meditation. I treat every class like a performance. Time stops, and suddenly you go completely inwards.

### And in your DVD, so many of the moves seem easy, but after you repeat them for minutes on end, they start to burn.

Exactly. We go through the pain threshold barrier, which is two and a half minutes, and that triggers your endorphins.

### Are any of these moves ones we can do at work to de-stress?

You can sit in your chair and move your spine forward and backward. You have to keep it always flowing, because if you're rigid in your spine, you're rigid in your mind as well. The neck is also very important. It's such a simple exercise, but a neck roll can keep you from having headaches.

### Is this mainly what you do to stay in shape?

I also ride my bicycle and I sometimes [use the] StairMaster. And I have a group of people and we like to chant and run in the water of a swimming pool. You're burning the toxins and calories, yet you go to this meditative state, so you're not huffing and puffing, even if you're doing it for half an hour.

VICKY HALLETT (EXPRESS)

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# Fiennes' Points About Posing

Macedonian-born Maya Fiennes is all the rage in London with her Kundalini teachings. If you can't get across the pond to see her in person, pop in her new DVD, "Kundalini Yoga to Detox and Destress" (\$15, [acacialifestyle.com](http://acacialifestyle.com)). Also a classical pianist, she developed a soundtrack to go along with the energetic practice, which focuses on strengthening the kidneys and adrenal glands (they control stress). And are you wondering about her last name? She's Ralph and Joseph's sister-in-law.

I have done all kinds of yoga, but in Kundalini the integration happens much quicker. Bikram, for instance, is so body-oriented that you miss the mind. In a Kundalini class, within 10 minutes you feel the meditation, too.



### Why is that?

We close our eyes almost the whole class and you really go inward rather than getting distracted by other people around you. So, you have time for yourself. I also set up the music for the mood. If we're doing something related to anger release, I'll use music with lots of beats. If we're focusing on healing, I'll relax it.

**What's the appeal of Kundalini yoga over other styles?**

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## Flexibility

Increasing your range of motion ultimately means hitting the golf ball farther.

→ **GOLF TWIST:** Stand with your feet slightly more than shoulder-width apart, and place your weight on the inside of each heel. Hold a 5-pound medicine ball at the center of your chest, with your elbows extended out to your sides. Bring the ball up and to the left, as in a backswing, until your right shoulder is underneath your chin. Return to the starting position and reverse.

→ **GOLF SQUAT:** Stand the same way, but hold a 10-pound dumbbell down in front of you with a hand-over-hand grip. Lower to a squat. Rise, turning to the right, while bending

your elbows and raising the weight over your right shoulder. Your hips should face right, with your weight over your right foot and your left heel off the floor. Return to the starting position and reverse.

## Power Up

A club weighs a pound, so superhuman strength isn't necessary — just focus on creating strength throughout the range of the swing.

→ **SINGLE-LEG ROMANIAN DEAD LIFT:** Stand with your feet shoulder-width apart. Hold a barbell with your hands slightly wider. Move one foot slightly behind the other, holding it a few inches off the ground. With your back flat, lower the bar toward your front foot. As you bend forward, allow your free leg to float behind you for balance. Once the barbell reaches mid-shin level, push through your grounded heel to return to the



upright position.

→ **MEDICINE BALL OVERHEAD EXTENSION:** Stand with your feet shoulder-width apart. Hold a 8- to 10-pound medicine ball with both hands at arm's length down in front of you. Squat quickly, reaching back

between your legs with the ball. Reverse the movement, exploding upward into a maximum-effort reach with the ball above you.

## Improve Mechanics

These moves will help keep your

body under control as the club explodes through the hitting area.

→ **DUMBBELL ROW WITH ROTATION:** Stand with your feet shoulder-width apart and hold a 10-pound dumbbell in each hand. Bend forward at the waist, flex your knees and let the dumbbells hang in front of your thighs, palms facing each other. Pull your right arm toward your rib cage while rotating your torso as far as you can to the right. Pause, then lower your right arm while pulling up your left arm and rotating left.

→ **MEDICINE BALL LOWER-TRUNK ROTATION:** Lie on your back with your knees bent and your feet in the air. Place a 5-pound medicine ball between your knees, holding it there so it doesn't drop. Keep your shoulders flat on the floor and your arms straight out to the sides with your palms up. Rotate your lower body until your left leg touches the floor on your left side. Hold for five seconds, and then rotate your legs to the center, maintaining the same leg position throughout.

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| STUDIES

## Stethoscope

## Dig Tunes, Not Sand

■ As far as beach toys go, buckets and shovels seem pretty harmless. But don't try telling that to the families of the 52 people who've been trapped in collapsed sand holes over the past decade. (And that's just in the U.S.) The New England Journal of Medicine published a letter from two doctors tracking cases related to digging disasters. Things to note: The average age of victims is 12, the vast majority (87 percent) are boys, and the risk is lower in Southern California, where sand is denser.



## A Study With Real Bite

■ It's unclear whether hickies were included, but a new study has found that human bite injuries are much more common in men than in women, and that they're often inflicted during drunken fighting — especially on weekends. Irish researchers reported that among the sample they studied at a Dublin hospital, guys were 12 times more likely to receive the bites that required surgery than ladies.

## Fears for Farmers

■ Those country boys might have bulging biceps from hauling hay, but life on the farm isn't necessarily conducive to healthy living. The American Journal of Industrial Medicine just printed a study by Austrian researchers who found that farmers are more likely than those with other jobs to get emphysema and chronic bronchitis — diseases usually linked to smoking. No one is entirely sure why, but it might have to do with breathing in dust.

## The Rub Is in the Rub

Medicated creams and balms are more potent than many think

**To hard-driving athletes and weekend warriors, the mentholated fumes and the hurts-so-good burn of sports creams and adhesive pads seem a harmless balm for overworked muscles. But don't forget that these products contain real medicine, even though they're applied to the skin rather than swallowed.**

Many of the topical over-the-counter and prescription products are old standards: antibiotic ointments such as Neosporin, steroids such as Cortaid and muscle creams such as BenGay. But drugstore aisles have seen a proliferation of medicines contained in new forms — gels, adhesive pads, roll-on solutions — offering relief of pain, itching, infection and even cigarette addiction.

Most Americans have grown accustomed to checking their pill bottles for dosages and safety warnings. But when it comes to slathering or sticking medicinal products onto the skin, few are aware that overuse, doubling-up or using these products while also taking pills and tablets containing similar medicines can lead to overdoses, drug interactions and unpleasant side effects.

The case of New York high school track runner 17-year-old Arielle Newman underscores the safety concerns. Newman had been rubbing sports cream on her legs regularly between track meets, while also using an adhesive patch that delivers anti-inflammatory medication and a third, unspecified medi-



CORBIS

cation. After her death April 3, the New York City medical examiner concluded June 8 that, over time, Norman's body had absorbed high doses of methyl salicylate, a compound related to aspirin, causing cardiac arrhythmia and leading to her death.

In many ways, experts say, the skin is becoming the new stomach.

For much of the medicine in these gels, creams, patches and ointments, it's as sure a route to the bloodstream as the stomach is for pills. At the same time, taking medicine through the skin can make for more imprecise dosing, because skin that is delicate, broken or subject to heat or bandaging can absorb more medicine than skin that is intact,

cool and open to the air.

Dermatologists frequently see patients who have overused or misused corticosteroid creams that, when used correctly, can help ease rashes and swelling of the skin, says Dr. Derek Jones, an associate dermatology professor at the University of California, Los Angeles. Plagued by persistent itch or inflammation, patients will apply the steroids too often or over too long a time, or use

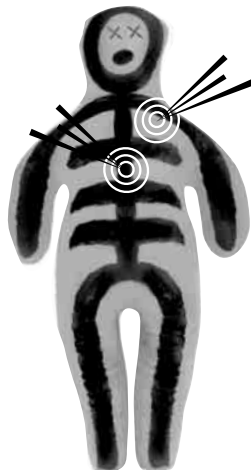
**In many ways, experts say, the skin is becoming the new stomach.**

them on delicate skin that is often covered, causing too much medication to be absorbed. "It can have profound effects," he says, including stretch marks, acne, thinning of the skin and loss of function that is, in some cases, irreversible.

Many topical products, especially those used on sore muscles, are not clearly labeled, says Dr. Gerard Varlotta, director of rehabilitative services at New York Medical Center. Although some extra-strength sports creams list methyl salicylate as an ingredient, he notes that it is often in fine print, and few consumers are aware that that is a compound related to aspirin. As a result, some consumers, including those with asthma, breathing problems or aspirin allergies, do not know they should avoid the products, he says.

As Americans turn to these topical formulas for treatment of chronic pain such as arthritis or for persistent skin conditions, physicians fear more cases of overuse. Most medications' labels warn consumers not to apply these products regularly over extended periods if they are not under a physician's care. But too many fail to appreciate that the medicines, when used over time, may continue to build up in the bloodstream.

MELISSA HEALY (LOS ANGELES TIMES)



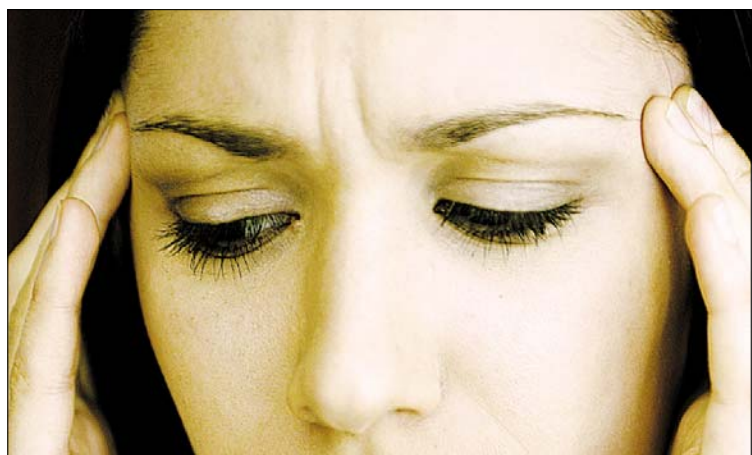
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WHAT YOU COULD HAVE BUT PROBABLY DON'T

**Do you drool?** Is your tongue always protruding from your mouth? Do you breathe in a noisy, high-pitched fashion? Do your snore or have trouble swallowing? **YOU COULD HAVE MACROGLOSSIA**, an abnormal enlargement of the tongue that makes basic mouth activities extremely difficult. Some are born with it; others acquire the affliction along with other health problems, such as hypothyroidism or after trauma. Surgery can reduce the tongue to a more manageable size, allowing most patients to actually close their mouths again. Other approaches include trying to train sufferers to hold their bloated tongues in different positions.

SOURCE: RAREDISEASES.ORG, BAYLOR UNIVERSITY. NOT A SUBSTITUTE FOR PROFESSIONAL MEDICAL CARE.





## Head Case Closed

**Ninety percent of people suffer headaches, most of which will disappear with aspirin. But sometimes head pain is a warning of a bigger problem.**

"Anytime you experience a new or different headache pattern, you should pay attention," says Dr. Lisa Mannix of the National Headache Foundation.

### TEMPLES OR FACE

Throbbing on one side of the face or head often indicates a migraine. "There's a misconception that migraines always cause nausea," says Dr. Robert Kaniecki, director of the University of Pittsburgh headache center. "If the pain interferes with your daily tasks, it's probably a migraine."

→ Triptans, a class of prescription drugs, offer many people relief. With over-the-counter remedies,

compare carefully. Advil Migraine is just the regular formula with different packaging, says Mannix.

→ You should be concerned if the pain is fairly persistent or if the muscles in your face droop, tingle or feel numb, says Mannix. This could be an indicator of a brain tumor, and fast diagnosis is key to treatment.

### BEHIND THE EYES

Pressure behind or under the eyes is often a sinus headache. Antibiotics can treat the underlying infection.

→ It also could be a cluster or migraine headache. "These are more prevalent in men who smoke or have type-A personalities," says Kaniecki. The pain is usually around one eye and paired with congestion. If these happen over several weeks, see your doctor for treatment options.

### STIFF NECK

Generally, pain in the back of the neck is a tension headache, but it could also be a migraine.

→ Painkillers work well, but taking them twice or more a week puts you at risk of rebound headaches.

→ If the pain comes on suddenly and severely, and you're vomiting, see a doctor soon to rule out an aneurysm.

LIESA GOINS (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)



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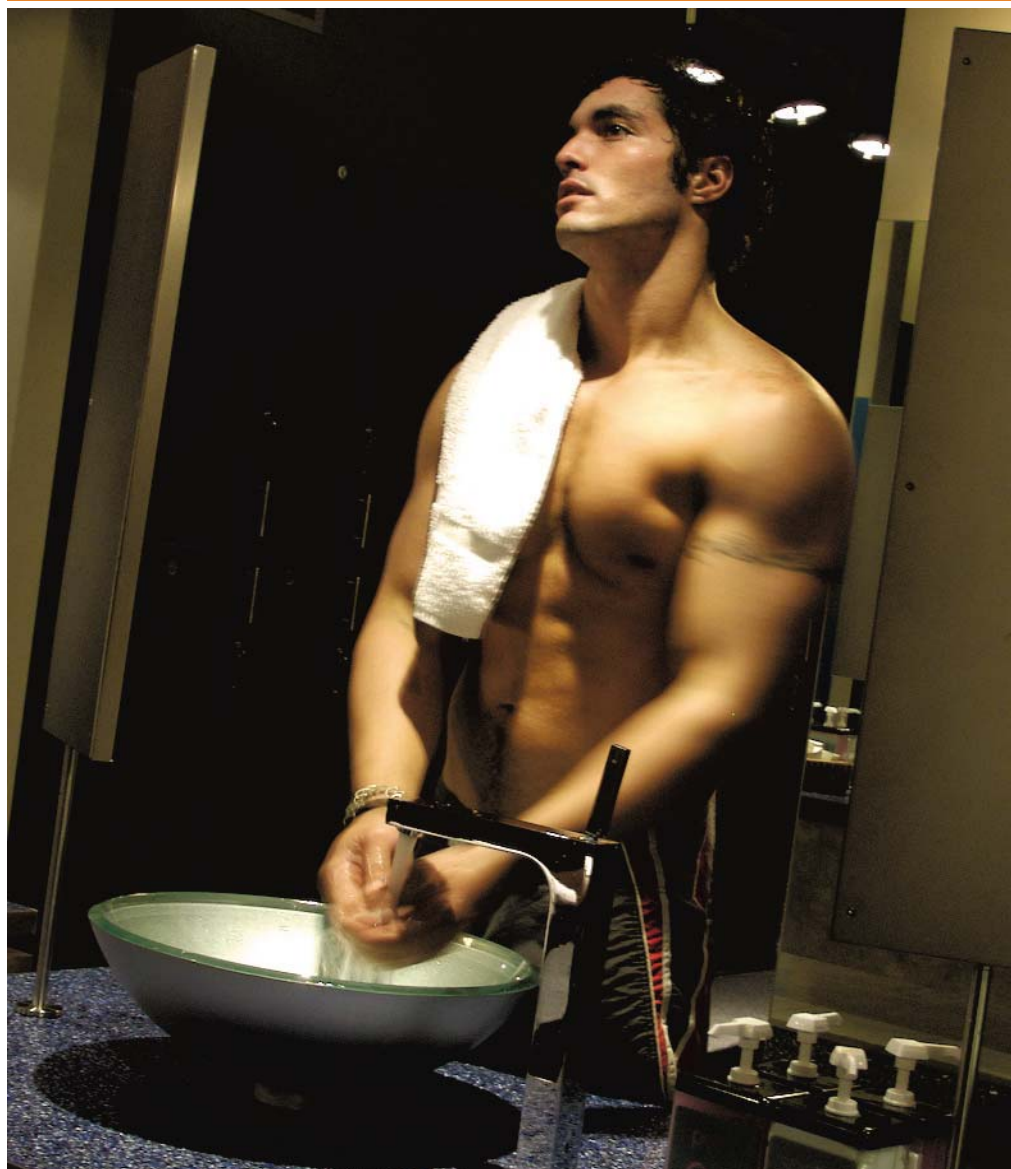
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# Tricks to Bag Jet Lag

## Three remedies to sleep right

**Why is it that the first thing you want on your trip to Naples is a nap? Speeding across time zones disrupts your circadian rhythms, resulting in outright exhaustion and, paradoxically, trouble zonking out (or staying that way).**

Caffeine is a popular and effective perk-you-up, but drinking it after 4 p.m. local time could actually hinder sleep. Give these remedies a try to send fatigue packing.

### PSYCHIATRIST

Norman E. Rosenthal, M.D., melatonin expert, professor of psychiatry, Georgetown University Medical School

→ **TAKE MELATONIN:** "You may feel sleepy when your body secretes this hormone; a melatonin supplement

may help you override the urge to stay awake when you should be nodding off." (A recent study shows popping one for several nights may reduce daytime fatigue, too.)

→ **NATURAL RX:** Take 3 mg of melatonin (available at drugstores) 30 minutes before bedtime every night while at your travel destination.

### SLEEP EXPERT

Chris Idzikowski, Ph.D., director, Edinburgh Sleep Centre, Scotland

→ **SEE THE LIGHT:** "Learning how to manipulate your exposure to light is important because it governs your internal 24-hour clock, which sets your daily pattern of sleep and wakefulness. The critical period for adjusting the clock seems to be between 4 a.m. and



7 a.m. (home time)."

→ **NATURAL RX:** In earlier time zones, get as much light between these hours as you can by leaving your curtains open or touring outdoor sights. If you're in a later time zone, limit light during these hours by wearing a sleep mask or sunglasses.

### RESEARCHER

Ronald D. Novak, Ph.D., MPH, circadian rhythms expert, Case Western University School of Medicine

→ **EAT STRATEGICALLY:** "Protein-rich foods raise levels of amino acids, which encourage alertness, as opposed to carbohydrates, which stimulate the release of sleep-inducing melatonin. So, eat protein in the morning, carbs at night."

→ **NATURAL RX:** Eat lightly the day before you leave. The day of your flight, have a protein-packed breakfast and lunch, and a carbohydrate-based dinner. Repeat this routine for your return trip, remembering to again eat lightly the day before your flight. SARA ALTSCHUL (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)



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# Duplicate Local Dishes

3 healthy recipes to enjoy at home or while dining out on the town

**Sure, the D.C. area is no health food mecca**, but it can hang with the best of them. (Watch out, Berkeley. We're edging in on you.) Don't trust us? Just check out these recipes from three of D.C.'s tastiest and most health-conscious restaurants: Dos Gringos (3116 Mt. Pleasant St. NW; 202-462-1159), the Health Bar (1612 U St. NW; 202-588-9255) and Sunflower Vegetarian Restaurant (2531 Chain Bridge Road, Vienna; 703-319-3888).

## DOS GRINGOS PORTABELLA GRINDER

MAKES 3 SERVINGS

**1 French baguette**

**3 portabella mushroom caps sliced into strips (grilled until soft and based with salt, pepper, olive oil and rosemary)**

**4 tbsp. of garlic mayo (heavy mayo mixed with crushed garlic clove, 1 tsp. lemon juice)**

**4 romaine lettuce leaves,**

**1 ripe tomato**

**1/2 thinly sliced red onion**

**1/2 thinly sliced red bell pepper**

**2 oz. grated provolone cheese**

**Pinch of salt, pepper, oregano and olive oil**

→ Slice baguette down the middle and spread sides open without separating the two halves of the baguette. Heat portabella and cheese in microwave or oven just until cheese is melted. Spread mayo on both sides of baguette. Evenly disperse all of the remaining ingredients and sprinkle spices and olive oil on top. Cut sandwich into thirds and each third into half. Like it spicy? Try adding pickled jalapenos or chipotle sauce.

## DOUBLE PROTEIN SMOOTHIE FROM THE HEALTH BAR

MAKES 1 SERVING

**4 oz. bananas**

**4 oz. strawberries**

**12 oz. liquid (water, orange juice, any liquid or combination of liquid)**

**4 oz. vanilla-flavored protein (soy protein works, too)**

→ Add liquid to blender. Add rest of



You can ditch the meat and still savor a hearty sandwich piled high with veggies, like this grinder from Dos Gringos.

ingredients and blend till smooth. You can add any supplement to it you would like, and you can reduce or leave out the protein powder, too.

## GOLDEN NUGGET FROM SUNFLOWER VEGETARIAN RESTAURANT

MAKES 4 SERVINGS

**2 cups shredded Napa cabbage**

**3 oz. shredded carrots**

**4 oz. bean thread noodles (soak in the cold water until soft)**

**1/4 cup broccoli floret**

**2 sheets dried bean curd skin**

**4 tsp. oil**

### FILLINGS

**5 oz. each soy protein, dried shiitake**

**mushrooms, spiced tofu and bamboo shoots (all shredded)**

### SEASONINGS

**1 teaspoon each rice vinegar, organic brown sugar or organic brown rice syrup, veggie oyster soy sauce, sesame oil and sea salt**

**1 tsp. arrowroot powder**

**2/3 cup vegetable broth**

→ Use scissors or a knife to cut dried bean curd skin into 16 triangular pieces.

Place the shiitake mushrooms, bamboo shoots, spiced dried bean curd and soy protein on the triangular wrapper. Roll up into a long roll and secure with flour paste and

a double knot.

Add 2 tsp. oil to a hot pan and pan-fry the golden nugget (or bake in the oven with a couple drops of oil) until golden brown and crispy.

Cook Napa cabbage, carrots, broccoli floret and bean thread noodles in boiling water with a little sea salt. Arrange around the edge of a serving plate.

Add 2 tsp. oil to a hot pan. Add seasonings (except sesame oil and arrowroot), vegetable broth and mix well for about one minute, then add the golden nugget braised for 1 minute. Thicken sauce with arrowroot and sesame oil. MARY BETH LARUE

THE EXPERTS

## ChewOnThis

### Feed Your Face

**Q** Can I improve my complexion by changing my diet?

**WHAT YOU EAT** and drink has a lot to do with how your skin looks. Keep yours glowing by choosing foods high in omega-3 fatty acids (Bonus: They'll also help your heart.). Salmon and tuna fish, including broiled, canned and in



sushi, are smart choices. Omega-3's are also found in walnuts and ground flax seeds, so top your cereal with a tablespoon of ground flax, or snack on a handful of walnuts.

Antioxidant vitamins A and E also promote skin health. Vitamin A-rich foods are dark orange or dark green in color — think carrots, sweet potatoes, spinach and broccoli. Vitamin E is found in vegetable oils and in nuts like almonds.

Drink eight to 10 glasses of water every day for a dewy complexion, and keep alcohol and caffeine to a minimum; both tend to dehydrate you and your skin. You'll also want to toss the cigarettes and avoid secondhand smoke whenever possible.

**Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at [nutrition@readexpress.com](mailto:nutrition@readexpress.com)**

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